

Tuna Patties

Food Foundations • another NAQ Nutrition program

Ingredients

Serves: 8

- 425g tin tuna, drained
- 2 tsp Dijon mustard
- 1 cup breadcrumbs
- 1 tsp lemon zest
- 1 tbsp lemon juice
- 2 tbsp fresh chives, chopped
- 2 tbsp fresh parsley, chopped
- 1 egg
- 1 tbsp sweet chilli sauce (optional)
- 1 tbsp extra virgin olive oil



Method:

1. In a medium bowl, thoroughly combine tuna, mustard, breadcrumbs, zest, juice, chives, parsley, egg and sweet chilli sauce. Use a food processor for this step if you wish to.
2. If the mixture is too wet, add some more breadcrumbs until they hold together well. Divide and shape the mixture into 8 patties.
3. Place on a plate, cover and refrigerate for an hour if time allows.
4. Heat the oil in a frypan over medium heat. Cook the patties on each side for 4-5 minutes until browned and heated through.

Note:

- This recipe can be served for a main meal with steamed vegetables, a salad and bread, in a wrap, on a burger, or as a snack.
- Serve hot or cold, can store in air-tight container in fridge for up to 2 days.

Food Group	Serves provided per portion
Grain foods	0.3
Lean meat and alternatives	0.6