

EASY CELERY AND DILL FISH PATTIES

INGREDIENTS

- One 5-ounce can of tuna or salmon in olive oil - undrained
- 2 eggs
- 3 tbsp. whole grain mustard
- 1 tbsp. lemon juice
- 1 package crushed IP croutons
- 1 tsp. dried dill
- Dash of pepper
- Pinch of salt
- 2 celery stalks - chopped into small pieces
- 2 to 3 tbsp. high-heat oil, such as avocado oil or vegetable oil - for frying

PREPARATION

1. Take a medium mixing bowl and mash the tuna with the olive oil in the can using a fork.
2. Add the eggs, mustard and lemon juice and mix well.
3. Add the crushed croutons, dill, salt and pepper and mix until just combined.
4. Be sure not to over-mix, or it will become too mushy.
5. Stir in the celery.
6. Heat up some oil on a large frying pan over a medium-high flame. Once pan is hot, turn the mixture into patties shape and place them on the pan to cook.
7. Cover the pan with aluminum foil, and allow the patties to cook for about 2-3 minutes. Flip them to the other side. Allow to cook, covered, for another 2-3 minutes. Cooking time on the other side may be shorter.
8. Patties should be golden brown and crisp once ready.
9. Makes four and five patties.



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