

TUNA PATTIES



SERVING SIZE



INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Tuna	1 Can	Parsley Chopped	
Approved Mayonnaise	1 Tsp.	Olive Oil	2 Tsp.
Dijon Mustard	1 Tsp.	Salt and Black Pepper	To Taste
Garlic Clove, Minced	1		
Egg	1		



PREPARATION

- In a large bowl, flake the drained tuna with a fork.
- Add mayonnaise and dijon mustard, minced garlic clove, salt and black pepper, chopped parsley, and Crack the egg into the bowl. Mix all the ingredients until well combined.
- Divide the tuna mixture into equal portions, depending on the size of patties you prefer With your hands, shape each portion into a patty.
- Heat a skillet over medium heat with olive oil and place the patties in the skillet.
- Cook for about 3-4 minutes on each side, or until they are golden brown and crispy.
- Serve the tuna patties hot. Enjoy!