



35 min



Serves 5



FRESH

TUNA OR SALMON BURGERS

Ingredients:

2 cans of tuna or salmon
1 small onion or ½ medium onion, chopped
1-2 cloves garlic, minced
1 large handful of parsley, chopped
1 cup of rolled oats or breadcrumbs
½ tsp of black pepper, salt and red chili flakes to taste
2 large eggs
Half of a lemon (~2 tbsp juice)
¼ cup parmesan
2-3 tbsp olive oil

Directions:

1. Drain the tuna cans and place in a large bowl. Finely chop the onion and parsley, mince the garlic and add to bowl. Grind the rolled oats into oat flour with a food processor or blender for 2 minutes. Add the oat flour to the bowl (or directly add breadcrumbs if using them instead). Add spices in and mix the tuna and flour well.
2. In a separate small bowl, beat the eggs, lemon juice and parmesan, add it to the tuna mixture and stir until well combined.

FRESH



Directions

3. Shape into patties and pan-fry in olive oil on medium-high for about 3-4 minutes on each side or until golden brown.
4. Transfer to a plate lined with a paper towel to drain.

Notes

- Save time by cooking all the burgers at once!
- Burgers can be frozen to eat at a later date, or stored in the fridge for up to 3 days.



CONTACT US

Website: freshu.ca

Facebook: [/freshatwestern](https://www.facebook.com/freshatwestern)

Instagram: [@freshwestern](https://www.instagram.com/freshwestern)

Youtube: [@freshwestern](https://www.youtube.com/freshwestern)

Email: fresh@uwo.ca