

RECIPE HUB

Tuna Cakes with Jalapeño and Cilantro

Nutrient Rich Dishes

Source: tasteandsee.com/tuna-cakes/



SERVES:
14



PREP TIME:
15 MINS



COOKING TIME:
25 MINS



CALORIES:
112 KCAL

These tuna cakes are a quick week night dinner rich in flavour and nutrients.

INSTRUCTIONS

1. In a large strainer, in the sink over a large bowl, add the tuna and let it drain while you prepare the following ingredients.
2. Sauté the onions for about 8 minutes in a sauté pan, until translucent. Set aside and let cool.
3. While the onions are cooking, in a large mixing bowl, add the mayo, lemon juice, salt and pepper and whisk till combined. Then add cilantro and peppers to the mixture.
4. Add the tuna, beaten eggs, cooked onions and breadcrumbs, and mix gently until ingredients just hold together.
5. In a large nonstick skillet, heat the olive oil on high for about a minute, then turn it down to medium high.
6. Working in batches, using a packed one-third cup measure of tuna mixture per cake, cook cakes until golden brown and crisp on the outside, about 3 minutes per side. You may need to add a tablespoon of oil to the pan between batches. Serve hot, or warm over a simple arugula or kale salad. Recipe makes 14-16 patties.

INGREDIENTS

25 oz canned solid white tuna in water

2 large eggs , lightly beaten

1 bunch of fresh cilantro coarsely chopped

1/3 cup, plus 2 tablespoons, plain dry breadcrumbs

4 tablespoons Canola mayonnaise

3 tablespoons fresh lemon juice

3 jalapeno chile peppers , finely chopped

1 large onion finely chopped

4 tablespoons extra light olive oil

1 teaspoon salt

1/2 teaspoon pepper

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