



HERBED TUNA PATTIES

INGREDIENTS

- 2-5 oz cans of tuna drained and flaked
- 1 TBS of MCT mayo
- 1 TBS of Dijon mustard
- 1 tsp of minced garlic
- 1 egg slightly beaten
- 1/4 tsp salt
- 1/8 tsp black pepper
- 1/4 fresh herbs (thyme, oregano, and parsley)
- Some oil for frying

INSTRUCTIONS

- Combine all the ingredients into a medium sized bowl.
- Mix thoroughly.
- Heat oil in pan over medium heat.
- Form into 6 patties and saute until golden brown.
- Serve with some fresh lemon.
- Serve and enjoy!