

Easy Tuna Cakes with Roasted Red Pepper Mayo

Put food on the table in less than 30 minutes with these Whole30-friendly, Easy Tuna Cakes that are topped with a 3-ingredient Roasted Red Pepper Mayo. A recipe that's fast, healthy and delicious and one that everyone will love!

🕒 Prep: 15 mins Cook: 10 mins Total: 25 mins

👤 Servings: 4 servings (8 small burgers)

1x

2x

3x

INGREDIENTS

Tuna Cakes:

- 2 (5 oz.) cans Safe Catch Tuna, very well-drained (or other solid steak tuna such as albacore)
- 2 whole eggs
- ¼ cup almond flour
- ¼ cup finely diced onion
- 1 lemon, juiced
- 1 tsp. dried dill weed
- ½ tsp. garlic powder
- ¼ tsp. sea salt
- ¼ tsp. black pepper
- 1 Tbsp. cooking oil or fat of choice for frying

Roasted Red Pepper Mayo

- 1/2 cup mayo
- 1/4 cup roasted red pepper (patted dry)
- 2 garlic cloves, finely minced
- Salt and pepper to taste

INSTRUCTIONS

1. Combine and mix together the Tuna Cakes ingredients (except ghee/oil) in a bowl.
2. Form into 8 small patties (squeeze out as much liquid as possible).
3. In a large frying pan on medium high heat, add oil or fat – enough to cover the base of the pan. Once the oil is hot, add the patties to the pan. Cook for 5-6 minutes on each side. Remove from pan.
4. For the Roasted Red Pepper Mayo, combine the ingredients in a small food processor or blender. Blend until smooth.
5. Serve Roasted Red Pepper Mayo on top of tuna cakes, if desired.

NUTRITION INFORMATION

Serving Size: 2 small burgers (without mayo) Calories: 207 Fat: 12 g Sodium: 320 mg
Carbohydrate: 4 g (Fiber: 1 g Sugar: 1 g) Protein: 25 g

DIETARY

Dairy-Free Gluten-free Grain-Free High Protein Paleo Whole30

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