Crispy Tuna Patties

Date : 14-10-2018

Ingredients

- 1 can tuna (drained)
- ½ cup yogurt
- 1/3 cup diced celery
- ½ cup chopped broccoli
- 1 tbs olive oil
- 1 tbs lemon juice
- 1 tsp paprika
- 1 tsp black pepper
- Pinch of salt (optional)

Crust:

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- ½ cup finely grated parmesan cheese
- ½ cup finely grated cheddar cheese

Sauce:

- ? cup yogurt
- ? cup ricotta cheese
- 1 tsp lemon juice
- ? tsp salt
- ½ tsp paprika

Method

1. Heat oven to 350 degrees
2. Mix tuna, yogurt, diced celery, broccoli, lemon juice, paprika and pepper
3. Form mixture into patties
4. Mix together parmesan and cheddar
5. Dip each patty into cheese mixture so they are thinly coated
6. Place on a baking sheet and bake for 10-15 minutes (or until cheese browns slightly)
7. Heat 1 tbs olive oil on a skillet (make sure you allow the oil to get really hot before the next step)
8. Remove patties from the oven and cook in olive oil for 15 seconds on each side, until crust becomes crisp, and remove from heat
9. Mix together sauce ingredients and serve alongside tuna patties, or on top

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