

Low-carb Tuna Cakes



The moist tuna cakes with a crisp surface are a superb substitute to crab/shellfish cakes as tuna is comparatively healthier & leaner!

Ingredients for 2 serving (US/Metric)

- 413g / 14.6oz **Tuna, canned in water**
- 3.5 *pieces* **Eggs**
- 2.5 *tbsp* **Mayonnaise**
- 5.5 *tbsp* **Coconut oil**
- 3 *tsp* **Chili powder**
- **Dried chilli**
- 2.5 *tsp* **Onion powder**
- **Fresh parsley**
- **Fresh Dill**
- **Salt & pepper to taste**

Nutrition (US/Metric)

- **Protein:** 29%
- **Fat:** 70%
- **Net carbs:** 1%

Instructions

1. Open the tuna can and drain the solution.
2. Transfer the tuna to a bowl and mix with mayo, egg, red pepper, paprika, onion powder, chopped parsley, chopped dill, salt, & pepper.
3. Heat the coconut oil in a shallow frying pan over medium-high heat.
4. Make 2 equal portions of the tuna mixture. Shape each portion into 3/4 inch thick patty using your hands.
5. Place both patties into the hot coconut oil and fry each side for 3-4 minutes till they turn appetizingly golden brown.
6. Serve hot!