



# Tuna hamburger

Source of proteins, omega 3, vitamin B12, iron.



## Ingredients

|          |  |          |
|----------|--|----------|
| 1 can    | Tuna, canned in water, drained                 | 170 g    |
| ¾ cup    | Bread crumbs                                   | 190 ml   |
| ¼ cup    | Mayonnaise                                     | 60 ml    |
| 1        | Egg, beaten                                    | 1        |
| To taste | Salt and pepper                                | To taste |
| 4        | Lettuce, leaves                                | 4        |
| 4        | Hamburger buns                                 | 4        |
| To taste | Condiments<br>(mustard, ketchup, relish, etc.) | To taste |



## Preparation

1. In a bowl, crumble the tuna with a fork.
2. Add breadcrumbs, egg, mayonnaise, salt and pepper.
3. Shape the mixture into 4 patties.
4. Bake in a skillet over medium heat for 4-5 min each side.
5. Garnish the buns with the patties, lettuce leaves and condiments of your choice.



## Tip

Replace the mayonnaise with a mixture of 2 tbsp of plain yogurt and 2 tbsp of mayonnaise.

### BALANCED FOOD PLATE

- Vegetables (salads, soups, etc.) ●
- Grain products and starches (rice, pasta, bread, etc.) ●
- Meat, milk and their alternatives (fish, legumes, cheese, etc.) ●



Adapted from: recettes.qc.ca