GLOBAL · SNACK

Easy Tuna Patties with Oats (No Breadcrumbs)

30 min · Makes 8 × 1 patty · 167 kcal a portion · Video 5:45 · How To Cook Smarter

Pescatarian · Dairy-free · Nut-free

Canned tuna and eggs make each patty a high-protein snack (about 13 g of protein for under 170 kcal), with oats instead of breadcrumbs and some vegetables mixed in. Rich in selenium and vitamin B12.

Scan for the video, full nutrition and more free recipes

Ingredients

10 · MAKES 8 × 1 PATTY

- [ ] 2 cans (5 oz, 5 oz each) **tuna** in oil, drained
- [ ] 2 **eggs**
- [ ] ⅓ cup diced **red onion** (1¾ oz)
- [ ] ⅓ cup grated **carrot** (1¼ oz)
- [ ] ½ cup **quick oats** (1½ oz)
- [ ] 2 tbsp chopped **fresh parsley**
- [ ] 1 tsp **dried oregano**
- [ ] **salt**, to taste (about ⅓ tsp)
- [ ] **black pepper**, to taste
- [ ] 3–4 tbsp **olive oil**, for pan-frying

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Contains: Gluten, Fish, Egg. Check labels on stock, sauces and spice mixes.

Method

TIMES = THE MOMENT IN THE VIDEO

1. Drain the tuna well and put it in a large bowl. 0:33
2. Add the eggs, onion, carrot, oats, parsley, oregano, salt and pepper and stir until evenly combined. 1:35
3. With your hands, shape the mixture into eight patties about ½ inch thick. 2:30
4. Heat the olive oil in a frying pan over medium heat and fry the patties about 4 minutes a side until golden and crisp. Keep the heat moderate so the centres cook through before the outsides burn. 3:05
5. Serve warm with a dipping sauce: the cook makes a Greek-yoghurt tartar sauce, guacamole and an olive-oil garlic aioli. 3:49

> **Tip** Any canned fish or leftover baked fish works. The cook serves them with a Greek-yoghurt tartar sauce, guacamole or garlic aioli. Keeps 3 days in the fridge; use certified gluten-free oats if needed.

The method is a summary in our words — the video shows every step.

One portion (1 patty) gives you

1 OF 8 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
167 kcal	13 g	5.1 g	0.9 g	10 g	260 mg
700 kJ	25% of a day	4.2 g net · 0.7 g sugars	3% of a day	1.8 g saturated	11% of a day
		2% of a day		13% of a day	

Energy from net carbs 11% · protein 33% · fat 56% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Selenium 58% · Vitamin B12 38% · Vitamin K 31%

Source of (10–19%) Vitamin D 13%

Recipe and video: How To Cook Smarter (@HowToCookSmarter) on YouTube — youtube.com/watch?v=aMADlOfXV4Y, published 28 February 2019. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/tuna-oat-patties