



SECOND HARVEST
of SILICON VALLEY

Lightly Crusted Tuna Tacos

Ingredients

For the patties

2 5oz cans tuna, drained
2 tsp of Dijon mustard or your favorite mustard
1/2 cup of bread crumbs
1 tsp lemon juice
2 Tbsp parsley, chopped
2 green onions, sliced thinly
1 egg
Cooking oil for the pan
Salt and pepper to taste

For the taco

1/2 red cabbage, thinly sliced
1/4 bunch cilantro, chopped
2 tsp fresh lime juice
8 corn tortillas
Dash of white sugar

Taco Sauce

1/2 cup mayonnaise or sour cream
Your favorite hot sauce to taste (optional)
Salt and pepper to taste

Servings: 4

Prep Time: 20 minutes

Cooking time: 20 minutes

Total time: 40 minutes

Directions

1. In a large bowl, combine the tuna, mustard, bread crumbs, lemon juice, parsley, green onions, and a dash of pepper and salt.
2. Taste the mixture and adjust with salt and pepper. Then add the egg and mix together.
3. Preheat the sauce pan on medium heat with oil to prevent the patties from sticking.
4. Form the tuna mix into 8 small patties (if you are making tuna burgers divide it into 4). Flatten them with your hands.
5. Place patties onto the pan and cook for 4-5 minute on each side until golden brown. Place the cooked patties on a plate with a paper towel or napkin when they are done.
6. While the patties are cooking, place your cabbage in a bowl and add cilantro, 1 tsp lime juice, a dash of salt and a pinch of sugar. Mix together and adjust to your taste.
7. Add the mayonnaise or sour cream to a small bowl and season with hot sauce (if using), 1 tsp lime juice and salt to taste.
8. Lay a corn tortilla flat on a plate. Break a tuna patty in half and lay in a line across the tortilla. Add about 1 Tbsp mayonnaise or sour cream mix to the top of the tuna and top with the cabbage. Repeat for the rest of the patties.

Note: Use the patty recipe and make tuna sliders, top a salad with it or just eat it as is.

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