



Tuna Burgers with Sweet Potato Cubes and Quick Slaw

A fun new way to use tuna - this dish makes for a great family-friendly meal too! Here we have blended it with egg and cheddar cheese to make a high protein burger which is also a source of calcium and zinc. We then added colourful fresh vegetables to give a crunch and some much needed vitamins!

Ingredients

- Tuna
- Breadcrumbs
- Egg
- Cheddar Cheese
- Brioche Buns
- Lettuce
- Relish
- Low Fat Crème fraîche
- Sweet Potato
- Carrots
- Spring Onion
- Your Pantry
- Olive Oil
- Salt
- Pepper

Nutritional Info

Calories: 654kcal
Carbohydrates: 70g
Protein: 31g
Fat: 23g

Allergens

[Wheat \(breadcrumbs, burger buns\)](#)
[Egg \(Egg\)](#)
[Milk \(Brioche Buns, Creme Fraiche, Cheese\)](#)
[Fish \(Tuna\)](#)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



METHOD

Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.

1) Preheat the oven to 200°C

2) Prepare the sweet potatoes

Chop the sweet potatoes into small cubes (you can leave the skin on if you like!) and place on a baking tray. Drizzle with oil and season with salt and pepper. Give a good mix and then place in the oven for 25 minutes. Meanwhile.....

3) Prepare the tuna patties

Drain the tuna and add it to a bowl. Add the grated cheese, panko breadcrumbs and egg (Use half an egg for a one person portion) to a large bowl with a generous pinch of salt and pepper. Mash down with a fork and mix until thoroughly combined. Use your hands to bring the mixture together until a dough is formed - almost like making scones or soda bread (approx 1-2 minutes of kneading). Shape the mixture into burger patties and set aside.

4) Make the slaw

Peel and grate the carrots. Slice the spring onions thinly. Remove and set aside some of the Crème fraîche for the burger buns later, then add the remaining Crème fraîche, carrot and spring onions to a bowl and give a good mix. This is your slaw.

5) Cook the tuna burgers

Place a frying pan on medium-high heat and add a drizzle of oil. Once hot, add the tuna burgers and cook them for 2 min on each side or until they're lightly browned.

Toast your burger buns.

6) Plate the dish

Spread some Crème fraîche and relish on the burger buns then lay the tuna burgers on top. Cover with a piece of little gem lettuce then close the burger. Serve with the sweet potato cubes and quick slaw.



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