
Whole30 + Low Carb Tuna Cakes

3 cans Albacore Tuna (5 oz,
water packed, drained)
1/4 cup Red Bell Pepper
(finely diced)
2 Tbls Red Onion (finely
diced)
1.5 cups Almond Flour
(divided)
2 Tbls Mayo
2 Tbls Fresh Dill (chopped)
2 Tbls Lemon Juice
1 tsp Salt
1/4 tsp Pepper
2 Eggs
1 Tbls Paprika
2 Tbls Avocado Oil

1 Add the (drained) tuna to a mixing bowl along with the finely diced red onion, bell pepper, 1/4 cup of the almond flour, mayo, dill, lemon juice and salt and pepper. Mix to combine. Add the two eggs into the tuna mixture and use hands to fully combine.

2 Mix the remaining almond flour and paprika on a separate plate with a whisk or fork. Line a baking sheet with parchment paper and take about 1/4 cup of the tuna mixture and form into a patty. Coat with the almond flour/paprika mix and place on the baking sheet. Repeat this until all the mixture is gone, should make about 9 patties.

3 Place the baking sheet in the fridge for 15 minutes to let them firm up. This helps keep them from falling apart. Once they are done chilling, heat the avocado oil in a nonstick skillet over medium heat. Add 3 patties at a time and brown for 3 minutes a side. Repeat until they are all nicely browned.

4 Serve over greens with a drizzle of my Spicy Garlic Aioli (it is an incredible combo)