

# Super Lean Tuna Burgers

**musclefood**  
Premium nutrition for healthy living

## Ingredients:

- 100g Tinned Tuna
- 1/2 Large Onion
- 2 Liquid Egg Whites
- 1tsp Mustard
- 1/4 Lime
- Tabasco
- Salt & Pepper



So delicious, the whole family will come back for seconds!

## Cooking method

### TO COOK

1. Tip the drained tuna in bowl followed by all the other ingredients and mix well.
2. Using your hands break up all the tuna flakes and squash the mixture together to form patties.
3. Heat a pan and add cooking spray to stop the patties sticking.
4. Cook until golden brown on each side then they are ready to serve.

**Serves: 1**  
Macros without buns

**32g**  
PROTEIN

**156**  
CALORIES

**6g**  
CARBS

**1g**  
FAT

**1g**  
FIBRE