

TUNA PATTIES – HIGH PROTEIN

Ingredients:

2 cans (280g each) of tuna
1 cup (90g) of Jungle oats
2 eggs
1/2 large onion
2 garlic cloves
1/4 bunch of chives
1/4 bunch of parsley
1/2 teaspoon salt
1/4 teaspoon chili flakes or black pepper or both
2-3 tablespoons olive oil

