



LOCAL FOOD OLYMPICS

Tuna Cutlets

Contributed by Ashok Ramalingam

Ingredients

- 3 5-oz cans tuna
- 3 tablespoons mayonnaise
- 1/3 cup Egg beater (whites only or regular, based on personal preference)
- 1 medium red onion, finely chopped
- ¼ cup Spring onions, finely chopped
- ¾ cup bread crumbs
- 3 tablespoons Old Bay seasoning
- ¼ cup coriander, finely chopped
- 4 tablespoons canola or vegetable oil (for pan frying)

Instructions

Mix all ingredients (except oil, and ½ cup of bread crumbs) together. Form into 20 2-inch cutlet patties. Coat each patty with bread crumbs, using the ½ cup that was reserved.

Heat oil in a shallow pan and pan fry each patty on medium heat until each side is golden brown. Serve with fresh vegetables or with coriander/mint chutney. Can also be served as an appetizer with slider buns.