

Tuna Patties

with Asian Salad and Peanuts

hellóchef

We can't get enough of canned tuna!

Cals 635 • Prot 49 • Carbs 48 • Fat 31

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🕒 cook: 40 min

R2809



Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Tuna patties	2 ppl	3 ppl	4 ppl	
Canned tuna 6*	240	360	480	Grams
Garlic cloves	1	2	2	Piece
Fresh chives	15	15	15	Grams
Organic Eggs 5*	1	2	2	Piece
Panko bread crumbs 10*, 11*, 12*	40	60	90	Grams
Sambal oelek	20	30	30	Grams
Salt	0.5	0.5	1	Tsp
Vegetable oil	1	2	2	Tbsp
Salad				
Baby gem lettuce	2	3	4	Piece
Sugar snap peas	100	150	200	Grams
Cucumber	1	1	2	Piece
Carrot	1	1	2	Piece
Spring onion	40	60	80	Grams
Salted peanuts 1*	40	60	80	Grams
Dressing				
Lime	2	3	4	Piece
Sweet chilli sauce	40	60	80	ML
Sesame oil 3*, 9*	15	22	30	ML
Soy sauce 9*, 10*, 11*	20	30	40	ML

Allergens

***6 Fish, *5 Eggs, *10 Wheat, *11 Gluten, *12 Lupin, *1 Peanuts, *3 Sesame Seeds, *9 Soya**

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	2659 / 635
Fat (g)	30.9
of which saturates (g)	5.3
Carbohydrate (g)	48
of which sugars (g)	18.5
Fiber (g)	9.5
Protein (g)	48.8
Salt (g)	8.3

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Prep patties

Peel and mince the **garlic**. Finely chop the **chives**. Drain the **tuna**.



2 Shape patties

Crack the **eggs** into a mixing bowl. Add the **chives, garlic, tuna, panko bread crumbs** and **sambal oelek (spicy!)**. Season with **salt**. Give everything a good mix up. Shape into {4/6/8} patties. Refrigerate until step 5.



3 Make dressing

Juice the **limes** into a bowl or jar. Add the **sweet chilli sauce, sesame oil** and **soy sauce**. Whisk or shake until fully combined – this is your **dressing**.



4 Prep salad

Roughly chop the **baby gem lettuce**. Slice the **sugar snap peas** finely. Slice the **cucumber** into discs, then slice each individual **cucumber** disc into matchsticks. Peel and chop the **carrots** into thin matchsticks. Trim and finely slice the **spring onion**.



5 Fry patties

Heat a non-stick pan over a medium-high heat with a very generous drizzle of **oil**. Once hot, carefully add the **tuna patties** and fry for 4 min on each side or until golden brown on both sides. Don't overcrowd the pan and don't flip the patties too soon or they will break. Drain the cooked patties on kitchen paper.



6 Toss salad

Meanwhile, place the **lettuce, sugar snap peas, cucumber, carrots, spring onion, dressing** and **peanuts** in a large bowl. Toss. Serve the **tuna patties** over the **salad**.