

FISH PATTIES

Canned fish offers an affordable, convenient, anytime option but, can quickly grow old if you're only using it for the standard lunch time mayo-based sandwich option. Instead, try this simple fish patty recipe as a nice mix up from the mundane. It is quick, delicious, family-friendly and ready in 20 minutes or less!

Ingredients:

6 oz canned salmon or tuna
1/3 cup each, diced onion, bell pepper, celery
(or other crunchy veggies you like)
3/4-1 cup panko
1/3 cup mayo or plain yogurt
2tbs Dijon Mustard
1 egg
1/8 tsp each, dried onion, garlic, dill, and seasoned salt
pinch of cayenne pepper or smoked paprika, optional
(smoked paprika really elevates the taste!)



Directions:

1. Sauté onion, bell pepper, and celery in oil of choice for 2-3 minutes, until slightly softened but not limp.
2. Add veggies to a mixing bowl along with remaining ingredients. Add additional panko/mayo as needed to reach desired moist/ firm consistency. You want to be able to easily form patties that hold together well.
3. Grill for 4-5 minutes, flipping once until golden and crisp on the outside, tender on the inside.
4. Serve on your favorite bun and top with your favorite condiments for a tasty meal in minutes!

Pro Tip: double the recipe and freeze for later. Quick, grab and go meals are never out of reach, when you take time to meal prep in advance!

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