



# Tuna Burgers with a Sweet and Tangy Slaw



## Ingredients

### Tuna Burger

- 2 x can Princes Tuna in Spring Water
- 60g panko breadcrumbs
- 3 spring onion
- 40g coriander
- 2 red chilli
- 20l soy sauce
- Green pesto

### Sweet and Tangy Slaw

 Serves  
2

 Prep  
Under 20  
minutes

 Cooking  
15 minutes

After a Christmas of heavy comfort foods, this light yet flavoursome dish is the perfect way to start the New Year with a kick. These Asian inspired tuna burgers balance perfectly with the citrusy tangy slaw. Princes Tuna in spring water is the hero ingredient in the burgers as it is high in protein and low in saturated fats[1], delivering a delicious and nourishing meal in under 20 minutes!

[1] <https://www.princes.co.uk/our-products/fish/tuna/tuna-chunks/product-tuna-chunks-in-spring-water/>

	Calories	Sugars	Fat	Saturated Fat	Salt
Per 100g	125Kcal	6.3g	3.6g	0.6g	0.61g
RI%	6%	7%	5%	3%	10%

## Method

1. Turn on the oven to 220 degrees celsius.
2. Drain the Princes Tuna in Spring Water and add to a large bowl.
3. Add soy sauce, panko breadcrumbs, chopped coriander, chopped chilli and three quateres of the spring onion in a bowl.
4. Slice spring onion, coriander and the deseeded red chillies.
5. Add 100ml water, mix and set aside to absorb for a minute or two.
6. Shape the tuna mixture into 4 burger patties, and put onto a lightly oiled tray. Cook in the oven for 10-15 mins until golden and cooked through.

Visit [www.princes.co.uk](http://www.princes.co.uk) for more recipe ideas

- 1 carrot
- 1 apple
- 1 lime
- 1 handful raisins
- Olive oil

7. Whilst burgers are cooking, start preparing your sweet and tangy apple slaw. Slice the apple finely into matchsticks and grate the carrot. Add to a bowl with raisins, the juice of 1 lime, a drizzle of olive oil and a pinch of salt, ensuring that the apple is thoroughly coated. Mix well to complete your slaw.
8. Serve 2 tuna burgers per person with a drizzle of green pesto and with the sweet and tangy slaw.