

Fresh Herb Tuna Burgers

Burgers are classic, easy, and found everywhere. There's nothing wrong with a good beef burger, but sometimes you want something different.

Enter these super tasty tuna burgers made with Barnacle Bill's Oregon Hook and Line Caught Albacore Tuna. When I first decided to make burgers out of this amazing tuna, I had a bunch of ingredients I wanted to add. Sun-dried tomatoes, olives, capers — you name it, I was going to put it in there.

But then I realized that, while those ingredients are flavorful, I didn't really want to take away from the flavor of the tuna. Instead, I tried a simple mix of fresh herbs, mustard, an egg, and some bread crumbs to hold it all together.

The result was fantastic! The burgers were thick and flavorful, and held up nicely on the grill. You could also pan-sear these in some Ava Jane's Kitchen extra-virgin avocado oil to get a crispy browned crust. Top them with whatever you like — again, I erred on the side of simple — some lettuce, a few roasted tomatoes, and Dijon mustard.

One package of tuna will make two large thick burgers, or three small ones. Depending on your toppings and sides, you can go either way. Just brush them liberally with Ava Jane's Kitchen extra-virgin avocado oil before you grill them; this gives them a little extra flavor and keeps them from sticking.

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Serves 2-3

Ingredients:

1 package Barnacle Bill's Oregon Hook and Line Caught Albacore Tuna, drained
1 tablespoon fresh chopped parsley
1 tablespoon fresh chopped basil
1 egg
1 tablespoon Dijon mustard
1/2 cup breadcrumbs
Ava Jane's Kitchen extra-virgin avocado oil
Buns and your favorite toppings
Sea salt and fresh ground pepper, to taste

Directions:

Put the tuna in a bowl with the herbs and break it up with a fork. Add the egg, mustard, and breadcrumbs, and mix well. Form into patties and brush liberally with the avocado oil.

Grill the patties until charred on both sides. Serve on buns with your favorite toppings.

