

Burger with **Tuna**



2 people

15 min preparation time

5 min cooking time

All ingredients

1 tin of 139g la belle-iloise Tuna au naturel
2 tablespoons la belle-iloise Mayoz'algues
1 teaspoon la belle-iloise Seaweed & Lemon Mustard
2 tablespoons la belle-iloise Seaweed Ketchup
2 burger buns or 2 rustic bread rolls
1 red onion
1 clove of garlic
1 egg
Chopped parsley
1 avocado
4 leaves of lettuce
1 tomato

Steps

- 1- In a bowl, mix the drained tuna with the chopped onion, minced garlic, egg and parsley. Season with salt and pepper
- 2- Form 2 steaks with this mixture and set aside in a cool place for 5 minutes
- 3- In a hot frying pan, brown the steaks for 2 minutes on each side
- 4- In a bowl, mash the avocado with a fork, add 1 teaspoon of mustard and mix. Cut the tomato into slices
- 5- Cut or slice the bread in half and toast lightly
- 6- Spread the mashed avocado on each half of the bread, add 1 slice of tomato, 1 lettuce leaf, 1 spoonful of ketchup, the tuna steak, another slice of tomato, 1 spoonful of Mayoz'Algues and finish with the lettuce leaf. Close with the bread, and it's ready!