Dinner

Herbed Tuna Balls in Warm Passata

Tuna balls flecked with fresh herbs, pine nuts and lemon zest are browned until golden, then coated in warm passata. A squeeze of lemon finishes the plate.

20 min	394	21 g	4.7 g
time	calories	carbs	sugars



Low sugar

Ingredients, 2 servings

- [ ] large handful (approx 25g) mixed fresh herbs (eg parsley, mint, oregano, thyme and basil)
- [ ] 1 x 160g tin of tuna in sunflower oil, drain the oil and reserve
- [ ] 25 g pine nuts
- [ ] 45 g brown breadcrumbs
- [ ] zest of a lemon
- [ ] pinch salt and pepper
- [ ] 1 egg, beaten
- [ ] 200 g passata
- [ ] 2 wedges of lemon, to serve

Method

- [ ] 1 Finely chop the mixed fresh herbs.
- [ ] 2 Mix the chopped herbs in a bowl with the drained tuna, pine nuts, brown breadcrumbs, lemon zest, salt and pepper and the beaten egg.
- [ ] 3 Shape the mixture into 12 walnut-sized balls.
- [ ] 4 Pour the reserved oil from the tin of tuna into a frying pan and brown the tuna balls for 10-12 minutes, turning regularly.
- [ ] 5 Meanwhile, heat the passata in a pan.
- [ ] 6 Add the browned tuna balls to the warm passata.
- [ ] 7 Serve with the lemon wedges.

Nutrition Facts

Per serving

Calories	**394**
Total fat	20.8 g
Saturated fat	3 g
Sodium	Not listed
Total carbs	21 g
Fiber	Not listed
Total sugars	4.7 g
Protein	30 g

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