



Cooked Albacore Patties

Ingredients

- 2 cans albacore tuna (drained, in water)
- 1 tbsp avocado oil
- 1 tsp old bay seasoning
- 1 tbsp sundried tomatoes

Directions

1. Heat skillet over medium-high heat. Add avocado oil to skillet, drain albacore, and place fish in skillet.
2. While albacore is cooking, add old bay seasoning to each side. Flip and cook.
3. After cooking each side for 3-4 minutes, add sun dried tomatoes to the pan and turn heat to low.
4. Let all ingredients cook for an additional 2-3 minutes.