

Quick Bites: Segment 13

Tuna Cakes with Lemon Zest

Ingredients:

1 cup old-fashioned rolled oats
2 large egg, lightly beaten
2 (2.6-oz) pouch solid white tuna in water
or other fish such as salmon
2 teaspoon Dijon mustard
4 teaspoons fresh chopped parsley, plus 2
teaspoons more for garnish
1 teaspoon grated lemon zest
1/4 teaspoon kosher salt
1/4 teaspoon freshly ground black pepper
1/2 teaspoon garlic powder
4 teaspoons olive oil
4 cups arugula
4 tablespoons fresh lemon juice, divided



Spicy vinaigrette:

½ cup olive oil
¼ cup red wine vinegar
1 tablespoon capers, finely chopped
1 tablespoon Dijon mustard
1 teaspoon parsley, finely chopped
½ teaspoon kosher salt
½ teaspoon black pepper
⅛ teaspoon cayenne

Directions:

1. Place oats in a food processor. Pulse until ground, about 10 seconds. Transfer to a bowl. Add egg, tuna, mustard, 2 teaspoons parsley, lemon zest, salt, pepper, and garlic powder. Mix to combine.
2. Fill a 1/3-cup dry measuring cup with tuna mixture. Invert onto work surface; gently pat into a 3/4-inch-thick patty. Repeat with remaining tuna mixture.
3. Heat oil in a large skillet over medium. Add tuna cakes to pan; cook 3 to 4 minutes on each side, until bottoms are golden.
4. Arrange arugula on a plate. Toss with 1 tablespoon lemon juice. Place tuna cakes over arugula. Add spicy vinaigrette and remaining 1 tablespoon lemon juice. Garnish with chopped fresh parsley, if desired.