

# Tuna Burgers

By Sébastien Noël

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You've probably heard of salmon burgers, but this recipe gives pride of place to the tuna fish instead, proudly bringing out the taste of the fish with an anchovy mayonnaise sauce instead of trying to hide it behind too much cream or flavoring. It's definitely a recipe for the tuna lovers; don't try this on your fish-hating friends (unless you secretly want to eat all the burgers yourself)!

To make the patties stick together in this recipe, it's important to use fresh tuna, not the canned kind. Canned fish is great for many other recipes, but in this case, it just won't hold properly, and your tuna patties will break apart and get lost through the bars of the grill. It's a little more expensive, but the upside to fresh fish is that you won't have to worry about checking the cans for hidden soy or MSG, since you know exactly what you're getting.

To give this recipe your own unique twist, you can always add more or different ingredients to the tuna mix. As written, the recipe has a very sophisticated Mediterranean flavor with the kalamata olives and anchovies, and the arugula on top adds an extra spicy crunch to the finished creation. It might not be the best choice for kids, but it's sure to impress a group of adult friends with your taste and creativity. Serve the burgers plain or nestled into a big bed of mixed greens, or grill up some big Portobello mushrooms for the buns – they're tasty however you prepare them, and a welcome variation on the more typical beef.

## Tuna Burger Recipe

Serves 4

Prep Time: 20 min

Cooking Time: 8 min.

### Ingredients

- 1 lb. fresh tuna, diced;
- 2 scallions, thinly sliced;
- 12 kalamata olives, pitted and chopped;
- ¼ cup [homemade mayonnaise](#);
- 1 tsp. anchovy paste;
- Extra-virgin olive oil, for brushing;
- Sliced tomatoes and arugula, to serve;
- Sea salt and freshly ground black pepper, to taste;



## Preparation

1. Preheat your grill to medium high.
2. In a bowl, combine the tuna, the kalamata olives, and the scallions. Place the mixture in the freezer for 5 minutes.
3. When the 5 minutes is up, transfer the tuna mixture into a food processor and pulse until the tuna is finely chopped.
4. Transfer back to the bowl and season to taste.
5. Flatten the tuna into 4 patties of equal size.
6. Brush each patty with olive oil and grill for 6 to 8 minutes total, flipping once.
7. In a small bowl, combine the mayonnaise with the anchovy paste.
8. Spread the mayonnaise and anchovy paste on each tuna patty. Top with tomato and arugula and serve.

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