

Select a Course:

Main

Select a Meal:

Lunch

Dinner

Recipe Ingredients

For Curried Tuna Burger

- 8 ounces packaged tuna
- 4 Mayonnaise packets
- ¼ cup bread crumbs plus additional for breading
- 1 tablespoon curry powder
- ¼ cup dried trail mix fruit chopped
- Vegetable oil for frying

For Island Brown Rice

- 16 ounces of Uncle Ben's Ready Rice Whole Grain Brown Rice
- 3 ounces canned chills
- 8 ounces coconut water
- 1 can diced pineapple
- 2 tablespoons Pica pepper sauce
- 1 teaspoon cardamom
- 1 tablespoon coconut oil
- Salt and pepper as needed.

Directions

For Curried Tuna Burger

1. Mix the first 5 ingredients together to form a tight mixture. Adjust the seasoning with salt, pepper or curry.
2. Adjust the texture with more bread crumbs.
3. Form the mixture into 4 patties, dredge in additional bread crumbs and fry gently until golden brown and warmed through.
4. Serve with Spicy Siracha Mayonnaise (mix mayonnaise with the desired amount of Siracha sauce).

For Island Brown Rice

1. Combine all ingredients in a covered pot
2. Heat gently until the liquids are absorbed.