

LowCarb Tuna and Mackerel Cakes

Savannah · 30/09/2024



Prep Time

25 mins

Difficult

Medium

Servings

8

Description

These are so delicious if you're doing a lowcarb diet and just want something flavorful and a little crispy. These can be eaten as an appetizer or a main dish with some sautéed veggies and a salad. Serve with tartar sauce or any sauce that complements fish.

Ingredients

- 1 (15 ounce) can mackerel in brine
- drained - 1 small onion
- chopped - 1 (5 ounce) can tuna packed in water
- drained - ¼ cup grated Parmesan cheese - ¼ cup mayonnaise - 2 egg
- beaten - 2 tablespoons Dijon mustard - 2 teaspoons salt-free seasoning blend (such as Mrs. Dash®) - 1 teaspoon paprika - 1 teaspoon dried sweet basil - 1 (3.5 ounce) bag pork rinds
- crushed - butter-flavored cooking spray

Instructions

1. Mix mackerel
2. onion
3. tuna
4. Parmesan cheese
5. mayonnaise
6. eggs
7. Dijon mustard
8. seasoning blend
9. paprika
10. and basil together in a bowl. Add pork rind crumbs
11. 1 to 2 tablespoons at a time
12. until mixture holds together. Form mixture into balls and flatten into 1/2-inch-thick cakes. Heat a large non-stick skillet over medium-high heat and grease with cooking spray. Arrange cakes in the hot skillet and spray each cake with cooking spray. Cook cakes
13. working in batches if needed
14. in the hot skillet until browned
15. 3 to 5 minutes; gently flatten cakes with the back of a fork. Flip cakes and cook until other side is browned
16. 3 to 5 minutes. Transfer cakes to a paper towel-lined plate. Cook's Note: You can use any seasoning that you have on hand and increase or decrease the amounts to suit your tastes. Editor's Note: The nutrition data for this recipe includes the full amount of the pork rinds. The actual amount of pork rinds used will vary.