

# TUNA PATTIES with PITA POCKETS

## TUNA PATTIES with PITA'S

1 Large Tin Tuna in Water  
2-3 Tbsp Black Pepper  
1 Onion Finely Chopped  
1/2 Cup Breadcrumbs  
4 -6 Wholemeal Pita Pockets  
1 or 2 Eggs (to bind)

Olive Oil to cook

Salad - Lettuce, Tomato, Sprouts, Capsicum , Avocado, Red Onion etc



Drain tuna and place into a bowl, add the breadcrumbs and onion. Add enough eggs to combine the mixture and lots & lots of pepper. Make into patties and fry in a non-stick fry pan with some cooking olive oil.

Either eat them as they are with a salad on the side or make them into pita pockets with lettuce, tomato, relish, etc.