

INGREDIENTS

- ☐ 15 oz canned, drained tuna
- ☐ 1 tbsp olive oil, plus more for cooking
- ☐ $\frac{3}{4}$ cup panko bread crumbs (can make your own with crumbled bread in oven)
- ☐ 1 tbsp dried, fresh parsley
- ☐ 2 tsp fresh chives, minced
- ☐ 1 tbsp garlic, minced
- ☐ $\frac{1}{2}$ tsp salt
- ☐ $\frac{1}{2}$ tsp pepper
- ☐ 1 tsp paprika
- ☐ 1 large egg, beaten
- ☐ whole wheat buns (for serving)
- ☐ tomato, lettuce, red onion (optional toppings)