



SALMON BURGERS

These delicious Salmon Burgers are a great way to get a bit extra fish in your diet. They can also be made in bulk and frozen for quick and nutritious dinners.

45 minutes

1 hour

6 portions

INGREDIENTS

- 800 grams of fish, salmon, pink, fresh or canned
- 1 tbsp of mustard
- 2 anchovies
- Juice and zest of 1 lemon
- handful of breadcrumbs
- 2 tbsps of spring onions
- 1 tbsp of capers
- 500 grams of yogurt, Greek, plain, nonfat
- 1 bunch of dill, finely chopped
- 1 bunch of chives, finely chopped
- 1/2 cucumber, diced
- 6 large pita breads, to serve
- 1 tsp of chili powder
- 3 tsps of horseradish sauce

COOKING METHOD

- 1° In a blender, process a quarter of the salmon along with the mustard, horseradish, anchovies and lemon zest until you have a very smooth paste. This forms the glue for the remainder of the burger mixture.
- 2° Add the rest of the salmon, along with the breadcrumbs, spring onion, capers and chilli. Season to taste (you can take a spoonful and pan-fry it to check the seasoning before cooking). Pulse everything together until the mixture is even, but be careful not to overmix the salmon – the fish should still be about 5mm in size.
- 3° Shape into burger patties and chill for at least 30 minutes or up to 3–4 hours before cooking. Lightly oil the fryingpan/ metal grids to prevent the burgers from sticking during cooking. Cook until golden brown on each side and serve while hot. Simply mix the Greek yoghurt with the herbs and cucumber and serve with the pita breads and your choice of topping.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (327 g)	% DRI
ENERGY	134 kcal	437 kcal	22 %
FAT	3 g	11 g	17 %
FATTY ACIDS, TOTAL SATURATED	1 g	2 g	9 %
CHOLESTEROL	21 mg	68 mg	23 %
SODIUM	164 mg	536 mg	22 %
CARBOHYDRATE	12 g	41 g	14 %
SUGARS	1 g	4 g	—
FIBER	1 g	2 g	9 %
PROTEIN	13 g	42 g	—