

Super-Healthy Salmon Burgers

Makes 4 servings

Total time: 30 minutes

Nutrition Information Per Serving:

292 Calories, 29 g. Protein, 7 g. Carbohydrates, 0 g. Dietary Fibre, 17 g. fat (4 g. sat), 0 g. Sugar, 0.83 g. Salt

This oriental-style burger is a great meal to help a healthy heart, as with all oily fish. It is quick and perfect for a fast weekday meal. You can serve this with a side of salad for a complete meal.

Ingredients

- 4 boneless, skinless salmon fillets, about 1 pound 4 ounces (550 grams) in total, cut into chunks
- 2 Tablespoons of Thai red curry paste
- Thumb-size piece fresh root ginger, grated
- 1 teaspoons of soy sauce
- 1 bunch of coriander:
half chopped and the other half leaves picked
- 1 teaspoon of olive oil
- lemon wedges, to serve

For the salad

- 2 carrots
- half large or 1 small cucumber
- 2 Tablespoons of white wine vinegar
- 1 teaspoon of xylitol



Preparation

- In blender or food processor, add salmon, paste, ginger, soy and chopped coriander. Pulse until roughly minced. Remove the mix and shape into 4 burgers.
- Heat oil in large-sized non-stick frying pan, then fry burgers for about 4 to 5 minutes on each side, turning until crisp and cooked through.
- Meanwhile, use swivel peeler to peel strips of carrot and cucumber into medium-sized bowl. Toss with vinegar and xylitol until the xylitol has dissolved, then toss through coriander leaves.
- Divide salad between 4 plates. Serve with burgers and rice.
- Tip: Oily fish makes a heart-healthy alternative to red meat burgers. This recipe would also be delicious with tuna steaks.

Modification

Thai salmon skewers: Mix curry paste, ginger, soy and oil with 1 teaspoons of honey and seasoning. Marinate salmon chunks in curry mixture for about 10 minutes. Cut 1 red pepper and 1 zucchini into chunks, then thread onto skewers with salmon. Griddle for about 8 minutes, turning, until the salmon is cooked through.