

Healthy salmon burgers - serves 4

Prep time 10 minutes, cooking time 12 minutes

Ingredients

4 boneless, skinless salmon fillets, cut into chunks
1 - 2 tbsp thai red curry paste e.g. Thai Gold
Thumb-sized fresh ginger root, grated
1 clove garlic, grated or finely chopped
Handful green beans, roughly chopped
2 tsp soy sauce
Handful fresh coriander, roughly chopped
Spray vegetable oil

If you don't like spicy food use less curry paste or omit altogether.

Directions

- Preheat oven to 190C
- Put all ingredients except oil into a food processor and pulse until roughly minced
- Shape mix into burger patties and chill for 5 minutes if time allows
- Spray baking tray lightly with vegetable oil, place burgers on and cook for 12 minutes or until completely cooked
- While fish is cooking prepare salad of lettuce, grated carrot, shredded white or red cabbage, sliced spring onion & cucumber.
- Make dressing from 3 tbsp olive oil, 1 tbsp lime juice / white wine vinegar / mirin, 1 tbsp soy sauce, pinch sugar. Use 1-2 tbsp to coat salad and serve with burgers