



SALMON BURGERS

WITH SLAW

DIFFICULTY: Easy | **SERVES:** 4 | **READY IN:** 40 minutes

Salmon burgers offer a nice twist on a regular old beef or chicken burger. My version features patties made from fresh salmon, smashed avocado and plenty of slaw.



SALMON PATTIES

- 1/2 small red onion
- 2 cloves garlic
- 400g fresh salmon fillets (14oz)
- 1 egg, lightly whisked
- 1 cup panko breadcrumbs (100g)
- 1/4 cup finely grated parmesan (23g)
- 1 Tbsp lemon juice
- 1/2 tsp dried dill
- 1/2 tsp dried oregano
- 1/4 tsp salt
- 1/8 tsp black pepper
- 1 Tbsp olive oil
- Cooking oil spray

SLAW

- 1/4 green cabbage
- 1 large carrot
- 1/2 small red onion
- 1/2 cup plain, unsweetened yoghurt (125ml)
- 3 Tbsp aioli
- 1 Tbsp lemon juice
- 1 tsp sugar

TO SERVE

- 1 large avocado
- 1 Lebanese cucumber
- 4 brioche or regular burger buns
- 40g baby rocket (1.4oz)

1. Preheat oven to 200°C (390°F) fan bake.

2. PREPARE SALMON PATTIES

Place onion and garlic in a food processor and pulse until finely chopped. Remove skin from salmon (discard) and add salmon to food processor. Process briefly into small pieces. If you don't have a food processor, finely chop all of the ingredients instead.

3. Remove into a bowl and add egg, breadcrumbs, parmesan, lemon juice, dill, oregano, salt and pepper. Mix until well combined. Shape mixture into four patties about 1 - 1 1/2cm / 0.5in thick.

4. Drizzle oil over an oven tray (with small sides). Place in oven for 1-2 minutes, to heat oil up. Carefully place patties on tray, then spray with a little cooking oil. Bake for 15 minutes, then flip over and spray with a little more cooking oil. Bake for 5 minutes. Don't overcook them otherwise they will end up dry!

5. MAKE SLAW

While patties cook, shred cabbage, grate carrot and finely dice onion. Combine in a large bowl. Whisk together yoghurt, aioli, lemon juice and sugar, then season to taste with salt and pepper. Remove 4 tablespoons dressing into a small bowl, then tip the rest over the slaw and toss to combine. Season with more salt and pepper to taste.

6. PREPARE SERVING INGREDIENTS

Mash avocado. Peel cucumber into ribbons. Lightly toast buns (in oven, toaster or a chargrill pan).

7. ASSEMBLE BURGERS AND SERVE

Layer each burger up with reserved slaw dressing, slaw, salmon patty, avocado and rocket. Serve immediately with extra slaw on the side.



WINE MATCH: I like a Sauvignon Blanc.

SALMON BURGERS RECIPE NOTES

GLUTEN-FREE OPTION: Use gluten-free panko breadcrumbs or replace with almond meal. Choose gluten-free aioli. Try gluten-free buns or replace the bun with oven baked kumara rounds - see these beef burger stacks for instructions on how to prepare the kumara rounds:
<https://www.yourultimatemenu.com/beef-burger-stacks/>.

INGREDIENT SWAPS / NOTES: If you don't like salmon, you could use chicken mince or boneless, skinless chicken thighs instead (omit the dried dill). Grilled bacon and a slice of cheese would be a great addition if you go for the chicken option! You may need to increase the cooking time by 5 minutes.

BUDGET TIP: Replace the fresh salmon with canned salmon (or use a combination of both). You don't need to process the canned salmon, just flake it in with the rest of the ingredients.

BULK IT UP: These burgers are reasonably rich and filling. But feel free to add a side of fries!

STORING AND REHEATING: Store patties, slaw and serving ingredients separately. I like to briefly reheat the patties in the microwave until just warm, then finish off in the frying pan to get those crispy edges. Assemble burgers just before serving.