HEALTHY SALMON BURGER RECIPE



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Tip the salmon into a food processor with the paste, ginger, soy and chopped coriander. Pulse until roughly minced. Tip out the mix and shape into 4 burgers. Heat the oil in a non-stick frying pan, then fry the burgers for 4-5 mins on each side, turning until crisp and cooked through.

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What to serve with this healthy salmon burger recipe. If you re trying to keep things light and healthy, I recommend serving this healthy salmon burger recipe with the herb cream cheese on top of a bed of mixed crisp salad leaves with some red onion slices, cherry tomatoes and avocado chunks. As a side dish, baked zucchini fries are an amazing alternative to ordinary fries.

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Salmon Burgers Recipe The Healthy Chef

Place spoonfuls of the salmon mixture into a pan and cook over a medium heat with a splash of olive oil for 1 - 2 minutes each side until golden. These burgers keep for 2 - 3 days in the fridge after cooking.

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Cut three-quarters of the salmon into 1/4-inch pieces. Put in a large bowl. Cut the rest of the salmon into chunks; transfer the chunks to a food processor along with the mustard, mayonnaise, lemon juice, lemon zest and cayenne. Pulse to make a paste. Add the pureed salmon mixture to the bowl with the diced salmon. http://ebookslibrary.club/Perfect-Salmon-Burgers-Recipe-Food-Network-Kitchen--.pdf

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