

Superhealthy salmon burgers



Method

1. 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.

2. Meanwhile, use a swivel peeler to peel strips of carrot and cucumber into a bowl. Toss with the vinegar and sugar until the sugar has dissolved, then toss through the coriander leaves. Divide the salad between 4 plates. Serve with the burgers and rice.



Ingredients

4 boneless, skinless salmon fillet, about 550g/1lb 4oz in total, cut into chunks

2 tbsp Thai red curry paste

thumb-size piece fresh root ginger, grated

1 tsp soy sauce

1 bunch coriander, half chopped, half leaves picked

1 tsp vegetable oil

lemon wedges, to serve

For the salad

2 carrot

half large or 1 small cucumber

2 tbsp white wine vinegar

1 tsp golden caster sugar