

Tuna Burgers with Carrot-Ginger Sauce

Recipe courtesy Tyler Florence for Food Network Magazine

Prep Time:	30 min	Level:	Serves:
Inactive Prep Time:	--	Easy	4 Burgers
Cook Time:	4 min		

Ingredients

For the Sauce:

- 1 small carrot, roughly chopped
- 1 1/2-inch piece ginger, peeled
- 2 tablespoons rice wine vinegar
- 1 tablespoon toasted sesame oil
- 1 tablespoon low-sodium soy sauce
- Pinch of sugar
- Kosher salt and freshly ground pepper

For the Burgers:

- 1 pound sushi-grade tuna
- 2 tablespoons plus 1 teaspoon extra-virgin olive oil
- 2 tablespoons low-sodium soy sauce
- Juice of 1/2 lime
- 1/4 cup chopped fresh cilantro
- 1 tablespoon grated fresh ginger
- Kosher salt and freshly ground pepper
- 1 cup spicy sprouts, for garnish
- 4 whole-grain hamburger buns
- 1/2 avocado, sliced

Directions

Prepare the sauce: Pulse the carrot and ginger in a food processor until finely chopped. Add the vinegar, sesame oil, soy sauce and sugar and process until smooth. Drizzle in 2 tablespoons water and combine; season with salt and pepper. Transfer the sauce to a bowl and set aside.

Prepare the burgers: Chop the tuna into chunks. Wipe out the food processor and add the tuna; pulse a few times to break up the pieces. In a bowl, mix 2 tablespoons olive oil, the soy sauce, lime juice, cilantro and ginger; season with salt and pepper. Pour over the tuna and process until well blended. Form into 4 patties; brush each lightly with the remaining 1 teaspoon olive oil.

Preheat a grill or grill pan. Once hot, add the burgers and cook for 2 minutes on each side for rare, or to desired doneness.

Toss the sprouts in the carrot-ginger sauce. Place the burgers on buns and top with avocado and sprouts.

Per serving: Calories 435; Fat 22 g (Sat. 3.8 g; Mono. 11 g; Poly. 6 g); Cholesterol 43 mg; Sodium 662 mg; Carbohydrate 28 g; Fiber 5 g; Protein 32 g

Photograph by Con Poulos

