



Salmon Delight Burger

A delicious fish burger with Alpro Simply Plain

Preparation

1. Cut the fresh salmon into small cubes and mince the smoked salmon (a very quick whizz in a blender will do). Put all the fish together in a bowl and mix with Alpro Simply Plain, flour and the beaten egg. Season the mixture with the chilli sauce, salt, pepper and lime juice. Finally, add the chopped onion and dill.

2. Divide the salmon mixture into 12 portions and shape into hamburgers. Chill the burgers in the fridge for about 30 minutes while you start with the dressing and the beetroot salsa.

3. For the dressing, mix the Alpro Simply Plain with the horseradish cream, half the lime juice and a little zest, chopped capers and dill, then season to taste with salt and pepper. For the beetroot salsa, slice the beets and apples into thin strips, mix with a few tablespoons of the dressing and finish with a squeeze of lime juice.

4. Pan fry in a little vegetable oil, or brush with a little olive oil and grill or griddle. Serve with a mixed green salad topped with the beetroot and apple salsa, or as a filling in a roll or pitta bread.



4 portions



25min

Ingredients

- The burgers:
- 450g fresh salmon
- 200g smoked salmon
- 3 tbsp Alpro Simply Plain Big Pot
- 2-3 tbsp flour
- 1 lime, juice of
- 1 red onion, finely chopped
- 6 sprigs of dill
- 1 small egg, beaten
- 1 tbsp sweet chilli sauce
- 2 tbsp (22g) olive oil

- Dressing and salsa:
- 6 tbsp Alpro Simply Plain Big Pot
- 1 tbsp horseradish cream
- 1 lime, juice and zest of
- 2 tbsp chopped dill
- 1 tbsp capers, chopped
- 2 red beetroots (precooked)
- 1 medium apple
- A bunch (100g) mixed salad
- freshly ground black pepper
- pinch of salt

Made with

Simply Plain

