



Salmon quinoa burgers WITH TOASTED SESAME, BOK CHOY AND BEETROOT

INGREDIENTS

For the quinoa burgers

450g	Minced salmon or trout
1 Cup	Cooked quinoa
1 Tsp	Salt
1	Whole egg
¼ Cup	Fresh parsley, chopped
2 Tbsp	Olive or avocado oil
10	Sprigs wild rocket for serving
45g	Rainbow tomato for serving
65g	Cooked beetroot (boiled until tender and skin rubs off)

For the bok choy

400g	Bok choy
1 Tsp	Toasted sesame oil
1 Tsp	Toasted sesame seeds

METHOD

- 01 | Combine all the ingredients in a large bowl.
- 02 | With wet hands, form five patties and place on a plate.
- 03 | Heat the oil over medium heat in a large skillet. Fry burgers for about four minutes per side, or until done to your preferred doneness.
- 04 | Remove Burgers and set aside.
- 05 | Add the sesame oil to the pan and then the bok choy. Cover with the lid and allow to steam on medium heat for 5 minutes. Serve with salmon burger and sprinkle with sesame seeds.

Nutrient analysis per burger	Per 100g	Per serving
Carbs (g)	56.4	11.5
Fibre (g)	25.2	2.3
Units of Carbs	3.8	0.8

*Nutritional information obtained from the United States Department of Agriculture (USDA) FoodData Central database where available

COOKING

25
MIN

PREP

15
MIN

SERVES

5