Dinner

Cod and salmon burger baps with dill

Blended cod mixed with little cubes of salmon makes tender, juicy patties, grilled until golden and tucked into wholemeal baps with crunchy salad and a squeeze of lemon.



Nut free

15 min	343	28.7 g	7.3 g
time	calories	carbs	sugars

Ingredients, 4 servings

- [ ] 200 g boneless, skinless cod fillet
- [ ] 200 g boneless, skinless salmon
- [ ] 1 medium egg
- [ ] juice half lemon, with wedges to serve
- [ ] 4 spring onions, finely chopped
- [ ] 10 g dill, with sprigs to serve
- [ ] quality ground pepper
- [ ] 4 wholemeal burger baps, 65g each
- [ ] 12 little gem lettuce leaves
- [ ] 2 large tomatoes (160g), sliced
- [ ] 1 red onion (160g), thinly sliced
- [ ] 6 cm cucumber, thinly sliced

Method

- [ ] **1** Blitz the 200g boneless, skinless cod fillet, half of the 200g boneless, skinless salmon, 1 medium egg and the lemon juice in a blender until you have a smooth paste.
- [ ] **2** Cut the remaining boneless, skinless salmon into small dice, then work it into the blended fish by hand along with the spring onions, the chopped dill and plenty of quality ground pepper.
- [ ] **3** Divide the mix into 4 and shape each portion into a patty, then chill in the fridge for 10 minutes while you prepare the salad.
- [ ] **4** Lay the patties on a non-stick baking sheet and grill for 4-5 minutes on each side until cooked right through.
- [ ] **5** Fill the wholemeal burger baps with the little gem lettuce leaves, sliced tomatoes, cucumber and red onion, add the patties, then top with sprigs of dill and lemon wedges.

Nutrition Facts

Per serving

Calories	**343**
Total fat	11.1 g
Saturated fat	2.3 g
Sodium	Not listed
Total carbs	28.7 g
Fiber	6.2 g
Total sugars	7.3 g
Protein	29 g

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