

Eat The View

Recipes and Tips

Salmon Burgers

400g can pink salmon
2 eggs
50g chopped spring onion
50g bell pepper
50g fresh wholewheat bread crumbs
1 tablespoon lemon juice
½ teaspoon crushed rosemary
Salt and pepper
1 tablespoon oil

Drain the salmon, reserve 2 tablespoons of the liquid in the can, flake the salmon

Combine all ingredients, except the oil; mix well

Form into burgers

Fry in a lightly oiled pan for about 5 minutes on each side or place under the grill