

Salmon Fish Burgers

Ingredients

400g tinned salmon	2 tbsp mayonnaise
2 beaten eggs	1 tbsp horseradish
200g white rice, boiled (no added salt)	Pinch pepper
¼ cup finely chopped onion	2 tbsp. sunflower oil
	4 burger buns

Serves
4

Method

1. In a large bowl, combine all of the ingredients (apart from the oil and buns) shape the mixture into four burger patties.
2. In a large frying pan, add sunflower oil and lightly cook the patties in this over a medium heat for 5-6 minutes. Flip the burgers and fry for another 5-6 minutes until both sides are golden brown.
3. Toast the buns and add your salmon burgers.



Salad leaves can be added, be aware of the increased potassium content if salad ingredients are added.

A lot of salt is provided by the bun, try with rice or pasta to limit salt.

