

Asian Salmon Burgers A Juicy Burger with a Twist

As summer kicks into high gear and grills are heating up, bite into a burger that excites you and brings healthy eating to a new dimension. When salmon and veggies are combined into a delicious patty, you'll want to stop at just one.

Ingredients

Slaw:

- 4 large zucchinis, ends trimmed, cut into halves or thirds
- 1 medium sweet potato, peeled, ends trimmed, cut in half
- 1 small carrot, peeled
- 1.2 small seedless cucumber
- 2 tbsp (30 mL) rice vinegar
- 2 tbsp (30 mL) water
- 1 tbsp (15 mL) sugar
- 1/2 tsp (2 mL) salt

Burger:

- 2 green onions, cut into thirds
- 1 lb (450 g) skinless salmon fillets, cut into chunks
- 1 1" 2/5-cm) piece of peeled fresh gingerroot
- 3/4 cup (175 mL) panko crumbs, divided
- 2 tbsp (30 mL) light mayonnaise
- 1 tbsp (15 mL) soy sauce
- 1 clove garlic, pressed
- 4 Kaiser rolls with sesame seeds, split, toasted

Mayo:

- 1/3 cup (75 mL) light mayonnaise
- 1/2 tbsp (7 mL) wasabi paste

Instructions

1. For the slaw, cut the carrot and cucumber in half crosswise, then cut into strips with the Julienne Peeler (about 1/2 cup/125 mL each) and place into a small bowl. Add the remaining slaw ingredients and toss to coat. Refrigerate until ready to use.
2. Prepare the grill for direct cooking over medium heat (350°F-400°F/180°C-200°C).
3. For the burgers, place the onions in large bowl, and finely chop them with the Salad Chopper. Add the salmon chunks, and continue chopping into small pieces. Grate the ginger using the Microplane® Adjustable Fine Grater to measure 1 1/2 tsp (7 mL); add to bowl. Add 1/2 cup (125 mL) to panko crumbs, mayonnaise, soy sauce, and garlic; mix well. Divide the salmon mixture into 4 portions.
4. Sprinkle the bottom of the Burger & Slider Press with 1/2 tbsp (7 mL) of panko crumbs. Top with one portion of the salmon mixture and sprinkle with an additional 1/2 tbsp (7 mL) of panko crumbs, then press. Remove the patty and repeat with the remaining panko crumbs and salmon mixture.
5. Drain the slaw. Mix together the mayonnaise and wasabi paste in a small bowl until well blended. Refrigerate the slaw and mayonnaise until ready to use.
6. Spread the mayo mixture on the buns, top with the burgers and slaw, and serve.

Serves 4

U.S. Nutrients per serving (1 sandwich):

Calories 530, Total Fat 23 g, Saturated Fat 4.5 g, Cholesterol 70 mg, Sodium 870 mg, Carbohydrate 46 g, Fiber 2 g, Protein 31 g

Cook's Tips:

To make your burgers on the stove, heat the Grill Pan over medium heat for 5 minutes. Add the salmon patties and grill for 6-8 minutes, or until golden brown, carefully turning once. Continue as directed.



pampered chef