

Purple Carrot Cook

SALMON & QUINOA BURGER WITH EDAMAME

SERVES 4 / PREPARE 10 MINS / COOK 25 MINS

Ingredients

4	Salmon fillets, skinned and cubed	200 g	Quinoa
2	Garlic cloves, finely chopped	150	Edamame beans, thawed if frozen
1tbsp	Soy sauce, low salt		Fresh coriander, picked leaves coarsely chopped
2	Lime, juiced		Rapeseed oil
2tbsp	Sesame seeds		Salt and black pepper

Instructions

Start by putting the cubed salmon in the freezer for 15 min. This will maintain the texture of the salmon later.

Place the salmon, garlic, soy sauce and juice of one lime in a food processor, season to taste and process to desired texture. Add the sesame seeds and pulse one more time.

Remove the mixture, and with wet hands form 4 burger-patty shapes. Set on baking tray lined with a silicone mat or baking paper and put in the fridge to firm up.

Prepare the quinoa by rinsing under the tap on a colander until you get clear water. Dry-cook in a pan to get a nutty flavour, stirring continuously. Once dry add double the amount of cold water and turn up the heat to get the water to boil. Once boiling, cover, turn the heat down and simmer for 10 min. Once cooked, removed from the hob and let steam for 10 min covered with a lid. Add the edamame beans to the drained quinoa and the rest of lime juice, coriander, salt and pepper to taste.

Heat a little olive oil in a frying pan, add the salmon burger and fry about 5 min on each side.

Place some quinoa in the centre of a plate and put a burger on top.

Serve with some coriander leaves and a lime wedge



Nutrifacts



Edamame is high in PROTEIN to help tissue repair and FIBRE to support gut health. Edamame also contains PHYTO-OESTROGENS that help regulate oestrogen production.

Limes are high in VITAMIN C to help maintain our immune system in good shape.

Quinoa is a seed rather than a grain. It is high in FIBRE to support a healthy gut and it contains complete protein (most plant sources do not) although at lower levels than most beans and pulses.

Salmon is a good source of protein as well as anti-inflammatory omega-3 fatty acids. Salmon is a great source of B VITAMINS needed for energy production, growth and detoxification among other things. It also contains phosphorous for bone health and the powerful antioxidant SELENIUM.

Garlic is high in an important antioxidant, VITAMIN C which also supports the immune system. Laboratory tests indicate that garlic has anti-inflammatory properties and may help modulate the immune system.