

MARLEY SPOON



Chermoula-Salmon Burgers

with Pickled Veggies and Yoghurt D...



20-30min



2 Portions

Try our modern take on a fish burger and you will never go back to the traditional mayo-heavy version. Here we have replaced tartare sauce with a zesty yoghurt dressing and added lightly pickled vegetables to chermoula-spiked salmon. It is a light, fresh burger that is big on flavour.

What we send

- chermoula spice blend ¹⁷
- Lebanese cucumber
- Tasmanian salmon fillets ⁴
- carrot
- milk bun ^{1,3,6,7}
- Greek-style yoghurt ⁷
- mixed salad leaves

What you'll require

- boiling water
- caster sugar
- olive oil
- sea salt and pepper
- white vinegar

Utensils

- baking paper
- oven tray
- sieve

Our vegies come fresh from the farm, so please wash them before use.

Allergens

Gluten (1), Egg (3), Fish (4), Soy (6), Milk (7), Sulphites (17). May contain traces of other allergens.

Nutrition per serving

Energy 630kcal, Fat 26.7g, Carbs 52.7g, Proteins 39.7g



1. Pickle carrots

Preheat the oven to 180C. Peel the **carrot** and using a vegetable peeler cut the carrot and **cucumber** into ribbons. Put **2 tbs white vinegar**, **1 tsp sugar**, $\frac{1}{4}$ tsp salt and **60ml ($\frac{1}{4}$ cup) boiling water** into a heatproof bowl and stir until the sugar dissolves. Add carrot and cucumber and toss well to combine. Set aside to pickle, tossing occasionally, until needed.



4. Make chermoula yoghurt

While the salmon is cooking, combine the **yoghurt**, **1 tsp chermoula spice blend** and **salt and pepper** in a bowl.



2. Prepare salmon

Line an oven tray with baking paper. Put the **salmon fillets** on one of the lined trays, drizzle with **2 tsp olive oil** and rub with **1 tsp chermoula spice blend**. Season with **salt and pepper**.



5. Toast buns

Cut the **buns** in half. Put on the remaining oven tray and grill for 2-3 mins until golden brown and toasted on both sides. Flake the **salmon** into large chunks. Drain the **pickle**.



3. Bake salmon

Bake the **salmon** for 6-8 mins until just cooked or cooked to your liking. Preheat oven grill to high.



6. Assemble burgers

Spread the **bun bases** with some of the **chermoula yoghurt**, then top with **salad leaves**, **pickles** and **cooked salmon**. Serve with any **remaining salad leaves and pickles** on the side.