

# MARLEY SPOON



## Chermoula-Salmon Burgers

with Pickled Veggies and Yoghurt D...



20-30min



4 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-spiced salmon. It is a light, fresh burger that is big on flavour.



## What we send

- Lebanese cucumber
- chermoula spice blend <sup>17</sup>
- Tasmanian salmon fillets <sup>4</sup>
- carrots
- milk bun <sup>1,3,6,7</sup>
- mixed salad leaves
- Greek-style yoghurt <sup>7</sup>

## 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 615kcal, Fat 26.1g, Carbs 51.5g, Proteins 39.0g



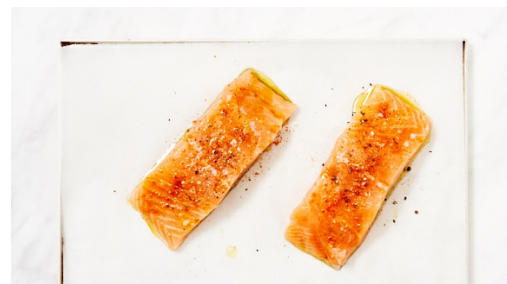
**1. Pickle carrots**

Preheat the oven to 180C. Peel **carrots** and using a vegetable peeler cut carrots and **cucumbers** into ribbons. Put **80ml (1/3 cup) white vinegar, 2 tsp sugar, 1 1/2 tsp salt** and **125ml (1/2 cup) boiling water** into a heatproof bowl and stir until 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, 2 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 **1 tbs olive oil** and rub with **2 tsp chermoula spice blend**. Season with **salt and pepper**.



**3. Bake salmon**

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



**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**.



**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.