

Wasabi salmon burgers

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Wasabi salmon burgers

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Bring out the flavours of salmon with a Japanese-inspired infusion of ginger, sesame oil and wasabi.

Ingredients

- 2 tbsp reduced-sodium soy sauce
- 1 ½ tsp wasabi powder (see note)
- ½ tsp honey
- 450g salmon fillet, skinned (see tip)
- 2 spring onions, finely chopped
- 1 egg, lightly beaten
- 2 tbsp minced peeled fresh ginger
- 1 tsp toasted sesame oil

Method

Whisk soy sauce, wasabi powder and honey in a small bowl until smooth. Set aside.

With a large chef's knife, chop salmon using quick, even, straight-up-and-down motions (do not rock the knife through the fish or it will turn mushy). Continue chopping, rotating the knife, until you have a mass of roughly ½ cm pieces. Transfer to a large bowl. Add spring onions, egg, ginger and oil; stir to combine. Form the mixture into four patties. The mixture will be moist and loose, but holds

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together nicely once the first side is cooked.

Coat a large non-stick skillet with cooking spray and heat over medium heat for one minute. Add the patties and cook for four minutes. Turn and continue to cook until firm and fragrant, about three minutes. Spoon the reserved wasabi glaze evenly over the burgers and cook for 15 seconds more. Serve immediately.

Recipe Tips & Notes:

Wasabi powder, when mixed with water, becomes the green paste most of us know from sushi restaurants. The powder is available in jars in the Asian aisle of most supermarkets or in almost all Asian markets. Store at room temperature for up to one year.

Tip: To skin a salmon fillet: Place it on a clean cutting board, skin side down. Starting at the tail end, slip the blade of a long, sharp knife between the fish flesh and the skin, holding the skin down firmly with your other hand. Gently push the blade along at a 30° angle, separating the fillet from the skin without cutting through either. Or have your fishmonger do it for you.

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