

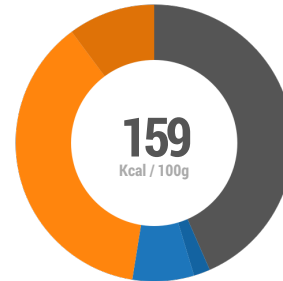
Salmon and Courgette Burgers

By Lisa Treacy from My Life Health and Fitness



Overview ...

U / 3545489



WEIGHT:

9.1% Carbs

43.4% Protein

47.5% Fat

Food Labelling...

EU Label values per 100g

Serves 4

	PER 100G	%RI	PER 184G SERVING	%RI
Energy(Kj)	674 kJ	8%	1241 kJ	15%
Energy(Kcal)	161 kcal	8%	297 kcal	15%
Fat	8.4 g	12%	15 g	21%
of which saturates	1.8 g	9%	3.3 g	17%
Carbohydrate	3.6 g	1%	6.6 g	3%
of which sugars	0.8 g	1%	1.4 g	2%
Fibre	1.2 g	5%	2.2 g	9%
Protein	17 g	34%	32 g	64%
Salt	0.28 g	5%	0.51 g	9%

CONTAINS:

- WHEAT
- EGGS
- FISH

MAY CONTAIN:

- MILK
- SESAME
- SOYA

Nutrient Breakdown per 100g...

Energy	Lipid Components	Vitamins
Energy(Kcal) 8% RI	Saturated Fat 9% RI	Vitamin A (ret eq) 9% RI
Energy(Kj) 8% RI	Monounsaturated fat 10% RI	Retinol
Macronutrients	cis-Mono	Carotene
Carbohydrate 1% RI	Polyunsaturated fat 12% RI	Vitamin D 110% RI
Protein 35% RI	Omega3(n-3) 68% RI	Vitamin E 9% RI
Fat 12% RI	Omega6(n-6) 1% RI	Vitamin K ₁ 35% RI
Water	cis-Poly	Thiamin (B ₁) 14% RI
Water from Drinks	Trans-fatty acids	Riboflavin (B ₂) 6% RI
Alcohol (0% ABV)	Cholesterol	Niacin total (B ₃) 57% RI
Carbohydrate	Minerals & trace elements	Niacin 38% RI
Starch	Sodium 5% RI	Tryptophan
Oligosaccharide	Potassium 18% RI	Pantothenic Acid (B ₅) 14% RI
Fibre 5% RI	Chloride 27% RI	Vitamin B ₆ 11% RI
NSP	Calcium 4% RI	Folates (B ₉) Total 8% RI
Sugars 1% RI	Phosphorus 26% RI	Vitamin B ₁₂ 159% RI
Glucose	Magnesium 8% RI	Biotin (B ₇) 3% RI
Galactose	Iron 8% RI	Vitamin C 12% RI
Fructose	Zinc 6% RI	
	Copper 8% RI	

Sucrose
Maltose
Lactose

0.06g Manganese 11% RI
0g Selenium 34% RI
0g Iodine 6% RI

0.22mg
18.8ug
8.3ug

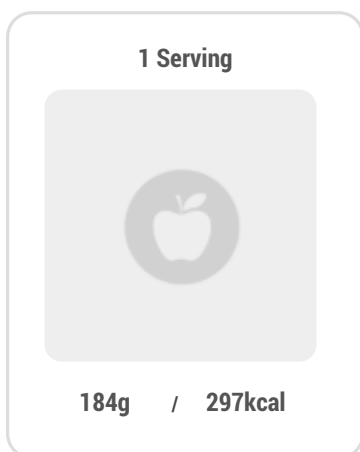
Other

GI (estimated)
GL
Caffeine

53
1.9
-

Recipe Ingredients ...	Quantity:	Description:
Courgette, raw	120g	3x Small portion
Salt	1g	1x 1g
Salmon, wild, flesh only, raw	500g	3.3x medium fillet
Spring onions, bulbs and tops, raw	60g	6x average
Garlic, raw	9g	3x Average Portion
Eggs, chicken, whole, raw	57g	1x Average, Size 3
Cumin seeds, whole or ground	1g	0.5x teaspoon
Parsley, fresh	12g	3x Average Portion
Mint, fresh	12g	3x Average Portion
Dill, fresh	12g	3x Average Portion
Bread, wholemeal, homemade	50g	
Pepper, black	1g	1x 1g
Organico Extra Virgin Olive Oil 500ml	3g	0x Per pack

Portions / Pack Sizes ...



Ingredient List (QUID) ...

Wild salmon (67.8%) (Fish), Courgettes (16.3%), Spring onions (8.1%), Eggs (7.7%), Wholemeal bread (6.8%) (Wheat), Dill (1.6%), Mint (1.6%), Parsley (1.6%), Garlic (1.2%), Organico Extra Virgin Olive Oil 500ml (0.41%) [Extra Virgin Olive Oil*, *from Organic Agriculture], Cumin seeds (0.14%), Black pepper (0.14%), Salt (0.14%)

Cooking Instructions & Notes

- 1) Coarsely grate the courgette and combine with the salt in a small bowl. Leave for 5 mins and then squeeze the excess liquid from the courgette.
- 2) Pulse the salmon in a food processor into 1 cm pieces. Add the courgette, spring onion, garlic (crushed), egg, cumin, black pepper and the herbs. Pulse in the processor until well combined. Pulse in short quick bursts to ensure you don't over mix and make the mixture tough. Add the breadcrumbs and combine
- 3) Shape the mixture with damp hands into 4 burgers. The mixture will be wet but will firm up in the fridge. Pop in the fridge for 30 minutes.
- 4) Heat a non stick pan and drizzle with a tsp of oil. Cook the burgers on a medium heat for 3 minutes on each side.

