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Cajun Salmon Burgers with Red Pepper and Tomato

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Ingredients

For the salsa: this will serve 4 people. 6 small vine tomatoes
1 red pepper
2 spring onions
1 small green chilli
1 clove of garlic
1 lime
1 teaspoon of olive oil
Salt and freshly ground black pepper
A small handful of chives
For the salmon burgers: this will make 2 portions.
2 small salmon fillets, about 125g each.
1 lime
Half a teaspoon of ground cumin
Half a teaspoon of paprika
Half a teaspoon of ground coriander
A quarter teaspoon of chilli powder
A quarter teaspoon of cayenne pepper
A quarter teaspoon of garlic powder
A pinch of sugar
A pinch of salt
A drizzle of olive oil
Two fresh bread rolls
Mayonnaise
A few crisp lettuce leaves
1 large vine tomato

Preparation

1. 1. First make the salsa. Chop the tomatoes into quarters lengthways then slice them into small pieces. Deseed the pepper, cut it into strips and chop it into small pieces. Peel the spring onions and chop them finely, then peel the garlic, deseed the chilli and chop both very finely. Place them all in a small bowl with the juice of the lime and the olive oil, then season with salt and black pepper. Mix well, cover with cling film and leave in the fridge to chill. 2. Preheat the oven to 200 degrees, 180 degrees fan oven.
2. 3. Squeeze the juice of a lime all over the salmon fillets in a shallow bowl and leave them to soak up the juice.
3. 4. Lightly brush a small oven tray with olive oil and place in the oven to warm. In a small bowl or a plastic bag, place all of the spices, the garlic powder, the salt and the sugar and mix them together well. Tip the spice mixture onto a plate and dip the sides then the tops of the salmon fillets into the mixture to coat them. Place the salmon skin side down on the oven tray and bake for about 15 minutes, until the salmon is cooked through.
4. 5. While the fish is cooking, slice open the bread rolls, spread the bottom pieces generously with mayonnaise, and then top with a couple of crisp lettuce leaves and thinly sliced tomato.
5. Lift the cooked salmon into the burgers, leaving the skin behind on the tray. Serve with small individual bowls of salsa on the side, sprinkled with chopped chives, and some crunchy potato wedges.

Cooks Note

Hot and spicy salmon fillets, served with lettuce, tomato and mayonnaise in fresh bread rolls, and a zingy salsa on the side, are quick and easy to cook and make a pleasant

change from the usual burgers. Why not try them on the barbecue!

Delicious served with sweet potato wedges, or, for an even healthier option, omit the bread and serve with rice or couscous and a big salad.