

What Katie ate...

SALMON FILLET BURGER, SAMPHIRE SLAW + APPLE MAYO

YOU WILL NEED

4 salmon fillets
4 cloves of garlic, peeled + minced
4 cm piece of fresh ginger, peeled + grated
3 tbsp low-salt dark soy sauce
4 tsp runny honey
Maldon sea salt flakes
Freshly ground black pepper

FOR THE SLAW

2 handfuls samphire
1/4 red cabbage, finely shredded
Grated rind and juice of 1 lemon
1 tbsp apple cider vinegar
Juice 1 lemon

FOR THE MAYO

1/2 cup mayo
2 tbsp buttermilk
1 tbsp apple cider vinegar
1 tbsp capers, finely chopped
3-4 garlic cloves, minced
2 tsp french mustard
Small handful fresh dill, finely chopped
6-8 cornichons, finely diced
Juice 1/2 lemon

TO SERVE

Lettuce leaves of choice
Brioche or soft white burger rolls
gherkin slices

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SERVES 4

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Combine the lemon juice, garlic and ginger with the soy sauce, rub all over the salmon fillet. Leave it to marinate for an hour or so covered with cling film.

Bring a large saucepan of water to the boil and blanch the samphire for 30 seconds, then transfer it immediately to a bowl of iced water.

Drain water and ice, add shredded cabbage, lemon juice, vinegar, 2 tsp extra virgin olive oil and season to taste with a little salt and a good amount of freshly ground black pepper.

To make the mayo, add all ingredients to a bowl and combine well. When ready to cook the salmon fillets, brush a tsp of honey on skin of each fillet, grill for 10-12 mins or until cooked through.

Serve fish on a brioche bun (or other soft roll) with lettuce leaves, mayo and top fish with gherkin slices and slaw.