



SALMON AND ORGANIC SPINACH BURGER

Ingredients

300 g of organic Actiture spinach	½ tablespoon of breadcrumbs	1 beaten egg
½ kg of fresh salmon	¼ tablespoon of mayonnaise	Ground black pepper
½ chopped onion	1 tablespoon of lemon juice	Olive oil
1 tablespoon of chopped dill	1 tablespoon of mustard	Salt

Instructions

1. Put the previously washed Actiture organic spinach leaves into a large pot with a lid. Steam by putting 2 tablespoons of water into the pot and sprinkle a few drops of water onto the spinach.
2. Simmer on low heat for 5 minutes until bright green and tender. Drain the spinach in a colander and set aside.
3. Cut the fresh, boneless salmon fillets into small pieces and put them into a bowl. Add the finely diced onion, spinach, breadcrumbs, dill, mayonnaise, lemon juice, mustard and beaten egg. Add salt and pepper and stir thoroughly until all the ingredients are fully blended.
4. Make medium-sized portions into burger shaped patties by hand.
5. Heat up some oil in a frying pan over medium heat until hot, then put the hamburgers in and cook for 4 minutes on each side. Once done, place them on absorbent paper to remove any excess oil.
6. Serve the hamburgers and garnish with guacamole sauce ... and voilà! Now comes the moment to relish this original, wholesome, healthy dish.