

HEALTHY GRILLED FISH BURGERS

Ingredients (Serves 2)

2 x 180gm fillets of white fish
(seabass, bream or Pollock)
1 garlic cloves, finely crushed
1/2 tspn smoked paprika
1 tbsp olive oil
Zest and juice of 1 lemon
2 tbsp chopped flat leaf parsley
2 tbsp fat free Greek yoghurt
2 tbsp low fat mayonnaise
6 slices of cucumber
4 slices of tomato
1 little gem lettuce
2 wholemeal or wholegrain
burger buns
Salt and freshly ground pepper
Lemon wedges to serve

Method

1. Place the fish on a plate and rub in the crushed garlic, paprika and olive oil. Season well with salt and pepper. Add half the zest and juice of lemon and half the parsley to the fish and allow to marinate.
2. Meanwhile make the tartare by mixing together the remaining lemon zest, juice, parsley with the mayonnaise and yoghurt. Season with salt and pepper.
3. Lightly score the skin of the fish, in lines about 1cm apart. Heat a non stick pan or griddle over a medium-high heat. When the pan begins to smoke, place the fish in one at a time, skin side down and let it cook for 3-4 minutes. Turn the heat down to low and cook for another 3-4 minutes on the other side.
4. Halve the wholemeal buns and add 1 tablespoon of tartare to the bottom of each roll. Top with the fish, then cucumber, tomato and little gem lettuce leaves. Spread the remaining tartare on the top half of each bun and place on top. Feel free to add grated carrot, grated beetroot, fresh dill, coriander or basil if you like!