

Salmon Burgers with Salsa



Serves 2 Prep 20 mins Cooking 35 mins Easy

Ingredients

2 unpeeled sweet potatoes, cut into wedges
1 tbsp olive oil
1/2 tsp paprika
peel of 1 orange
2 skinless salmon fillets
1 avocado, de-stoned, peeled and sliced
juice of 1 lime
mixed seeds to serve

For the green salsa

50g of Chinese leaf, shredded finely
1 tsp olive oil
small handful parsley, chopped
1 orange, segmented and juice

1. Heat oven to 200C/ Fan 180C/ Gas 6. Put the sweet potato wedges in a large roasting tin, drizzle over the olive oil, then sprinkle over the paprika & toss together to make sure all the wedges are coated. Bake in the oven for 35 mins or until tender & starting to crisp at the edges.
2. While the sweet potatoes cook, take a large piece (about 40cm) of baking parchment and place the pieces of orange peel on the parchment just to the right of centre. Lay the salmon on top of the peel and sprinkle over 1 tsp of water. Fold the paper over to seal the salmon in a parcel. Put the parcel in the oven when the sweet potatoes are nearly ready and bake for 12-15mins.
3. Put the avocado slices in a bowl, pour over the lime juice and set aside until needed. For the salsa, tip the Chinese leaf into a large bowl with the olive oil. Stir in the rest of the salsa ingredients and season.
4. Lightly toast the seeds for about 1 min in a dry, non-stick frying pan over a high heat, then set aside until needed. Take the salmon out of the oven, remove from the parcel and discard the orange peel.
5. To serve, lay the slices of avocado on a plate and place the salmon on top. Pile in a couple of spoonfuls of salsa with a sprinkling of the toasted mixed seeds. Serve with the remaining salsa and wedges on the side.