



# Jerk Salmon Burgers with Pineapple Salsa



Serves  
4



Prep  
15 minutes



Cooking  
8 minutes



Add a hint of Caribbean spice to these delicious salmon burgers, then serve with a refreshing pineapple salsa

**Cook's Tip:**

You can make and shape the burgers a few hours ahead of time – just keep them covered and refrigerated.

If serving at a BBQ, precook as above, wrap in foil and re-heat over the barbecue coals.

	Calories	Sugars	Fat	Saturated Fat	Salt
per 100g	122Kcal	2.2g	4g	0.7g	0.3g
RI%	6%	2%	6%	4%	5%

## Ingredients

213g can Princes Red Salmon  
Vegetable oil, for frying  
½ small red onion, finely chopped  
400g can chickpeas, drained  
400g cold mashed potato  
2tsp chopped fresh chives  
2tsp chopped fresh parsley  
2tsp paprika  
2tsp Jerk seasoning  
30g plain flour  
Salt and freshly ground black pepper  
1 egg  
4 burger buns, split through the middle

## Method

1. Drain the can of salmon and remove any skin and bones, if wished. Break into chunks.
2. Heat 1tbsp vegetable oil in a frying pan and gently fry the red onion until soft, about 4 minutes.
3. Mash the chickpeas with a potato masher. Combine with the mashed potato, red onion, salmon, chives and parsley. Season with 1tsp paprika, 1tsp Jerk seasoning and some salt and pepper. Form the mixture into 4 burgers.
4. Put the flour onto a plate and mix in the rest of the paprika and Jerk seasoning with a little salt and pepper. Beat the egg in a shallow bowl.
5. Dip the burgers into the egg, then coat in the seasoned flour. Shallow fry in hot vegetable oil for 3-4 minutes per side.
6. Meanwhile, make the salsa by mixing together the pineapple, cucumber, red onion and sweet chilli sauce, adding fresh chilli, if using.
7. Toast or chargrill the cut sides of the burger buns. Add some lettuce, top with the burgers and serve with the salsa.

Visit [www.princes.co.uk](http://www.princes.co.uk) for more recipe ideas

**Lettuce, to serve**

**Salsa:**

**100g Princes Pineapple Chunks in Juice, drained and  
finely chopped**

**5cm piece cucumber, finely chopped**

**½ small red onion, finely chopped**

**2tbsp sweet chilli sauce**

**A little finely chopped fresh red chilli (optional)**