KIKKOMAN

Grillet lakseburger

Samlet tid **35 min.** **10 min.** Arbejdstid **25 min.** Tilberedningstid

Næringsindhold:
3.457 kJ / 825 kcal

Fedt: **41 g** Protein: **51,4 g**
Kulhydrater: **60 g**

INGREDIENSER

4 Portioner

Burgerboller:

1 dl	rødbedesaft (eller ¼–½ tsk. gurkemeje i 1 dl vand)
0,5	frisk gær
1	æg, delt i blomme og hvide
250 g	mel + ekstra til at drysse over
1 spsk.	sukker
	Salt
40 g	blødt smør
	Et par stilke timian

Lakseburger og tilbehør:

600 g	laksefilet uden skind
0,25 tsk.	citronpeber eller sort peber
3,5 spsk.	Kikkoman Naturligt Brygget Sojasauce
1	bøftomat
1	lille squash
2	tørrede figner
3 spsk.	sennep
1 tsk.	ahornsirup
4 skiver	skiver ost

FREMGANGSMÅDE

Step 1

Prepare the burger buns by warming the juice (or ¼–½ teaspoon turmeric in 100 ml water). Crumble in the yeast and stir to dissolve. Separate the egg. Mix together the yeast solution, flour, sugar, ½ teaspoon salt, softened butter, a few thyme leaves and egg yolk and knead until it forms a soft, smooth dough. Cover and leave to rise in a warm place for roughly 1 hour.

Step 2

Shape the dough into 4 flat burger buns and leave to rise for another 20 minutes. Pre-heat the oven to 200°C (180°C fan-assisted). Brush the burger buns with egg white, sprinkle with a little thyme and bake in the oven for around 15–20 minutes. Allow the buns to cool.

Step 3

To prepare the salmon burgers, pat the salmon fillet dry and place in a blender with the pepper and soy sauce. Shape the salmon mixture into 4 patties and place in the fridge until ready to barbecue. Wash and hull the tomato and cut into 4 thick slices. Wash the courgette, trim the ends and cut lengthways into thin slices.

Step 4

To prepare the fig mustard, blend the figs, mustard and maple syrup together using a blender. Cut the burger buns open and brush both sides of the bun

with fig mustard. Place the salmon burgers on the barbecue for approx. 6-8 minutes, and add the tomatoes and courgette slices for the final 2-3 minutes (cook with the lid down if your barbecue has one). Top the bottom half of the bun with the tomato, courgette slices, salmon burger and cheese to serve. Enjoy!