



MONTHLY RECIPE - AUGUST 2016

**Thai mackerel & king prawn burger,
beef tomatoes, gherkin & brioche bun**



Ingredients

8 fillets of mackerel, skinned & pin boned
100g king prawns shelled
3 garlic cloves
1 stick of lemon grass
1 lime juice
20g of coriander
half a green chilli (chopped & deseeded)

Method

In a food processor, blend all the Thai ingredients with a pinch of salt, then add the mackerel fillets making sure there's no bones in the fish before blending & blend to a paste.

Empty the burger mix into a bowl and chill in the fridge for 30 minutes. In the meantime hand chop the king prawns and fold into the burger mix.

After chilling, mould the burger by hand (should get 4 larger burgers) and cook on a BBQ or under a grill for 3-4 minutes.

Serve on a bun with beef tomatoes & gherkins or plain with garlic mayonnaise.

Enjoy!