



Salmon and Dill Hamburgers (cholesterol reduced)

Ingredients for 2 hamburgers:

Pink Salmon without bones

200 gr.

Dill

½ coffeespoon

Egg

1

Salt and Pepper

to taste

Corn starch

1 tablespoon

Grated bread

1 tablespoon

Procedure:

Chop the salmon and then process it without getting a paste. In a bowl mix the salmon with the rest of the ingredients until getting a homogenous mixture. Put part of this mixture in the bottom of the BigCheff and crush it until getting the shape of a hamburger of 1cm. high. Put the lid on and microwave for 1 ½ minute on high.

