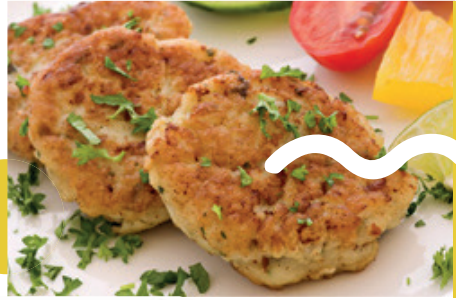


FISHING BURGERS

INGREDIENTS (for 4 people)

- 350 gr of clean hake, without thorns
- Extra virgin olive oil
- ¼ tablespoon sweet pepper powder
- 5 mL of lemon juice
- 1 large egg yolk
- ¼ tablespoon granulated garlic
- 1 tablespoon fresh parsley
- Black pepper to taste
- Chickpea flour, which needs
- 1 medium onion



PREPARATION:

1. We start by chopping the onion and passing it in the pan with a little oil and simmer until tender. We reserve it until it cools.
2. We clean the fish of pimples and skin, if we don't already have it cleaned from the fishmonger's, for which it would be better to cook it for 10 minutes and undo it afterwards.
3. In a bowl, place the shredded hake and add the powdered pepper with the lemon juice, ground pepper and mix well with the egg yolk, parsley and finely chopped onion.
4. We give it a ball shape to see the consistency and if necessary we can throw the amount we need of chickpea flour until it has the right shape.
5. To form a burger, we crush the ball by hand and put it on the grill or in a frying pan over medium heat to fry with a little oil.
6. Depending on how big we want them to be, more or less portions will come out, and depending on how thick we make them, we will need more or less time for them to be well cooked. As soon as one side is done, we will turn it over with a spatula.

Accompanied by lettuce, tomato, cheese or avocado, grilled onion and a loaf of whole meal bread would be a good healthy recipe.

