



Fish Burger by Mstora28

Ingredients

Wild flounder 6 oz.
Quinoa 1/4 cup
Chia seeds 1 tbsp
Baby kale 1 handful
Cucumber 1/8
Jalapeno (to your liking)
Vegenaise mayo 1/2 tbsp
Whole-wheat bun 1
Garlic clove 1
Whole-wheat bread crumbs 1/8 cup
Salt and pepper to taste
Curry to taste
Lemon juice to taste

Directions

1. Cook quinoa for 15 minutes with salt and curry. Jamaican curry is a great choice!
2. Cook flounder for a minute each side on a low flame.
3. Preheat oven or grill to 425 degrees.
4. In a bowl, combine chia seeds, quinoa, flounder, minced garlic clove, bread crumbs, salt, pepper, and some chopped kale. Form into patty and put in oven for 8-10 minutes.
5. Dice up peeled cucumber and jalapeno. Mix in with mayo and a splash of lemon juice.
6. Toast buns, and combine everything to form your burger. Enjoy!

Nutrition Facts

Serving size: 1 burger
Recipe yields 1 serving
Calories 616
Fat 17
Carbs 67
Protein 49

