



## **HEALTHY FISH BURGERS AND MUSSEL FRITTERS** **BY ANGELA BERRILL**

### **HEALTHY FISH BURGERS**

#### **SERVES:**

4

#### **INGREDIENTS:**

200g fish fillets  
1 medium zucchini or carrot, grated  
1 ½ Tbsp. parsley finely chopped  
1 lemon, juiced  
1 Tsp. curry powder  
1 egg  
¼ cup breadcrumbs  
1 Tbsp. vegetable oil

#### **For Serving:**

Pita pockets or burger buns, lettuce, grated carrot, tomato and tartare sauce.

#### **Method**

Finely chop or blend fish fillets in food processor until finely chopped but not a smooth paste.

Add the grated zucchini, lemon juice, parsley, curry powder, breadcrumbs into the processor and lastly, crack in the egg.

Mix until combined, take large handfuls of mixture and press them into patties.

Add the oil to a pan on medium heat and fry the patties till they are golden brown on each side.

To serve, fill your pita pocket or burger buns with your selection of salad filling, the freshly cooked fish patty and a little tartar sauce.

### **MUSSEL FRITTERS**

#### **SERVES:**



4

### **INGREDIENTS:**

350g mussel meat  
2 spring onions finely chopped  
½ cup parsley finely chopped  
4 eggs  
2 cups wholemeal flour  
2 Tbsp. baking power  
½ cup low fat yoghurt  
¾ cup milk  
1 Tbsp. olive oil  
Lemon juice

### **Method**

In a medium pot with a little water on the bottom steam the mussels to par cook them until they open, drain and leave to the side to cool slightly.

In a mixing bowl add spring onions, parsley crack in all four eggs and sieve in the wholemeal flour and baking powder.

When the mussels have cooled enough to handle, remove them from their shells and chop finely then add into the mixing bowl and stir till combined ( be careful not to over stir as this will make the batter tough)

Add the oil to a large pan on medium heat and cook spoonful's of mixture till golden brown on each side.

Squeeze over fresh lemon and serve with a side of fresh salad

---

### **FURTHER LINKS**

<https://www.facebook.com/PrideCateringNZ>

<http://www.eatmylunch.nz>



To find out more about the Whānau Living TV series visit our website:

<http://www.whanauliving.co.nz/>

another Adrenalin Group Production