

# Mango Fish Burger

*Pairs With: Chardonnay*

*Chef: Mary Janssen*

**Burger Type:** Fish

**Bun Type:** Plain White Bun

## INTRODUCTION:

I like to grill beef burgers at least once every 2 weeks. This time I wanted a change, so I made a fish burger instead. I like a lot of flavor and spiciness to my burgers, so I developed a spicy, yet sweet, fish burger.

Serves: 6 Regular-Sized Burgers

## INGREDIENTS:

- 1 1/2 pounds white fish
- 1 tbsp sesame seed oil
- 1/2 cup minced sweet red pepper
- 1/2 cup minced celery
- 1/4 cup minced green onion
- 1/2 cup toasted bread crumbs
- 1 tsp. fresh grated ginger
- 3 tbsp soy sauce
- 1 tsp. seafood seasoning
- Olive oil as needed
- 1 cup greek yogurt
- 1 tbsp chili crisp
- 4-5 dashes hot sauce
- White hamburger buns
- Bib lettuce
- Fresh mango slices

## INSTRUCTIONS:

1. Saute fish in sauce pan on both sides, till fish is flaky, which is about 10 minutes. Take off heat and cool.
2. While fish is cooling, combine yogurt, chili crisp and hot sauce.
3. In same sauce pan, add the sesame seed oil, red pepper, celery and green onion. Cook over medium low heat, till tender.
4. Add the vegetable mixture to the fish. Also add the breadcrumbs, ginger, soy sauce, and seafood seasoning. Stir well.
5. Add 1/2 cup of the yogurt sauce to the fish combination and stir well.
6. Shape into patties and cook in olive oil in the sauce pan, flipping once, for about 5 minutes on each side.
7. Smear some yogurt sauce on the bun, add the fish patty, lettuce and mango.
8. Serve immediately.
9. You can make the sauce hot or mild by adjusting the hot sauce added.

Cooking tip: I usually toast my buns. For myself I used gluten free buns, since I have Celiac Disease. But I serve regular buns to the rest of my family. Instead of white fish, you can also make this with salmon.