



Saffroned Hake Hamburgers (cholesterol reduced)

Ingredients for 2 hamburgers:

Hake fillet

200 gr.

Saffron

1 gr.

Onion

¼ unit

Scallion

1

Corn starch

1 tablespoon

Grated bread

1 tablespoon

Egg White

1

Procedure:

Chop the fillet and then process it for 10 seconds. Chop the scallion and then grate the onion. Mix everything in a bowl and then add all the other ingredients. Knead 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.

