

# SHRIMP BURGER

Makes 6.

## Ingredients:

### *Burgers*

- 2 slices Wheat Bread
- 2 lbs. Shrimp (raw, peeled, deveined)
- 1 Egg
- 1 T Onion (grated)
- 3/4 T Old Bay Seasoning
- 1/4 t Black Pepper
- 1/4 C Cilantro

### *Sauce*

- 1/4 C Mayonnaise (light)
- 1/4 C Sour Cream (light)
- 1 1/2 t Lemon Zest
- 1 T Lemon Juice
- 1 t Horseradish
- 1 t Parsley (chopped)

## Directions:

1. Chop 1/2 lb. of the shrimp into 1/2 inch pieces. Transfer to a bowl.
2. Pulse the two slices of wheat bread in a blender to make coarse crumbs (3-4 pulses). Transfer to the bowl with the shrimp.
3. In the empty blender, add 1/2 lb. shrimp, egg, onion, Old Bay, and pepper. Pulse until there is a mix of fine mince and coarse chopped piece (6-7 pulses). Transfer to the bowl.
4. Add 1/2 lb of the shrimp to the empty blender and pulse (6-7 pulses). Transfer to the bowl. Repeat with the remaining 1/2 lb. of shrimp.
5. Add the cilantro to the bowl and mix to thoroughly combine.
6. Shape the mixture into six individual 1/3 C balls. Flatten to 1/2 inch thick patties.
7. Add all of the sauce ingredients together and set aside.
8. In a large frying pan, heat 1 1/2 T of oil on medium-high until it shimmers (~ 1 minute).
9. Reduce heat to medium and add the shrimp patties. Cook until edges are pink and the patty is golden (~ 3-4 minutes). Flip the patty and cook for an additional 3 minutes or until done.
10. Serve patty on hamburger bun with lettuce, tomato, and sauce.