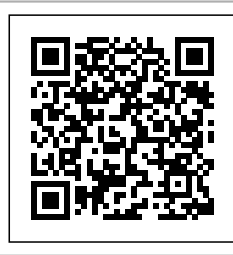


Salmon Burgers



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Recipe by: Laura Vitale

Serves 4

Prep Time: 15 minutes

Cook Time: 6 minutes

Ingredients

- 1 lb of Fresh Salmon Filet, no skin
- Zest of 1/2 Lemon
- 3 Tbsp of Parsley
- 1/4 cup of Chives
- 1 Egg
- 2 Tbsp of Mayo
- 1 Tsp of Lemon Juice
- 1/2 cup of Panko Breadcrumbs
- Salt and Pepper to taste

For the Yogurt:

- 1/2 cup of Plain Yogurt, can be greek yogurt if you like your sauce thicker
- 1 Tbsp of Chopped Chives
- 1 Tbsp of Chopped Parsley
- 2 Tbsp of Chopped Dill
- 1 Tbsp of Lemon Juice
- Pinch of Salt

1) Add the salmon, parsley, chives and lemon zest in a food processor and pulse until well chopped, add the mixture to a bowl.

2) To the salmon mixture, add the egg, mayo, lemon juice, panko and salt and pepper and mix until well incorporated, cover with some plastic wrap and pop it in the fridge for about half an hour. Meanwhile, in a bowl, mix all the ingredients for the yogurt sauce and set it aside.

3) Form the mixture into 4 patties and cook either in a hot skillet over medium high heat for 2 and a half to 3 minutes on each side or on a hot outdoor grill. Serve them on a salad or in soft buns with a smear of the herb yogurt sauce and some lettuce and tomatoes.

