

Salmon Burgers with Thai Cabbage Slaw

INGREDIENTS:

BURGERS

- 8 oz. wild-caught salmon, baked or broiled with skin removed then chopped
- ½ lemon, juiced (~4 ½ teaspoons) + ½ teaspoon lemons zest
- 1 small shallot
- 1 green onion, white & green parts thinly sliced
- Pinch salt
- Pinch black pepper
- 1 egg
- 3 tablespoons flour
- 2 teaspoons olive oil
- 2 whole wheat hamburger buns

SRIRACHA TARTAR SAUCE

- ¼ cup avocado mayo
- 1 ½ tablespoons chopped dill pickles
- 1 teaspoon fresh dill, chopped
- 1 ½ teaspoons lemon juice, more to taste
- Pinch garlic powder
- Pinch black pepper
- ½ teaspoon maple syrup (optional)
- 1 ½ tablespoons sriracha

THAI CABBAGE SLAW

- 3 cups thinly shredded cabbage
- 3 tablespoons shredded carrots
- 1 green onion, white and green parts thinly sliced
- 1/3 cup fresh cilantro, roughly chopped
- 1 tablespoon olive oil



*MAKES 2 SERVINGS

- 1 tablespoon soy sauce
- 1 ½ teaspoon apple cider vinegar
- Juice + zest of ½ lime
- ¼ tsp fish sauce (optional)
- 1 teaspoon grated ginger
- 1 small clove garlic, peeled & finely minced

DIRECTIONS:

BURGERS

1. Combine all the salmon burger ingredients, except the olive oil, in a large bowl and mix well. If the mixture is pretty wet, add additional flour 1 tbsp. at a time.
2. Form into 4 patties. Patties easily fall apart until they are cooked. Handle with caution.
3. Heat olive oil on a sauté pan to medium-high heat.
4. Once hot (oil must be hot), carefully add burgers to the pan and cook for 5-6 minutes on each side or until cooked thoroughly. Patties should sizzle when added to the pan.
5. Serve with sriracha tartar sauce and Thai cabbage slaw.

SRIRACHA TARTAR SAUCE

Combine all tartar sauce ingredients together in a small bowl. Add additional sriracha, if desired. Place in the fridge until ready to serve.

THAI CABBAGE SLAW

1. Combine the cabbage, carrots and green onions in a bowl.
2. In a separate bowl, whisk together the oil, coconut aminos, apple cider vinegar, lime zest and lime juice, fish sauce (if using), ginger and garlic. Taste and season with salt and pepper to taste.
3. Pour the dressing over the vegetables and toss well to coat.

Salmon Burger with Thai Cabbage Slaw		
Nutrition Facts		
Serving Size	1 Serving	
Amount Per Serving		
Calories	690.7	
	% Daily Value*	
Total Fat	37.7 g	48 %
Saturated Fat	6.4 g	32 %
Trans Fat	0 g	
Cholesterol	183.8 mg	61 %
Sodium	1307 mg	57 %
Total Carbohydrate	54.7 g	20 %
Dietary Fiber	9.5 g	34 %
Total Sugars	12 g	
Added Sugars	3.2 g	6 %
Protein	41.1 g	
Vitamin D	10.4 mcg	52 %
Calcium	127.3 mg	10 %
Iron	5.5 mg	30 %
Potassium	999.6 mg	21 %

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Full info at cronometer.com