

Easy Salmon Patties



Discover a delightful fusion of flavors in our easy-to-prepare salmon patties. With their moist texture and quick preparation, these patties will make you melt with pleasure! A tasty recipe to embrace right away.

Preparation 5 min

Cooking 10 min

Servings 2

Nutrition Facts (per serving)

Calories 165

Fat 5

Carbohydrates 14

Fibre 1

Protein 16

Sodium 370

Ingredients

- 1 - 142 g (5 oz) can salmon, drained
- 80 ml (? cup) breadcrumbs (whole wheat preferably)
- 1 egg
- 60 ml (¼ cup) parsley, chopped
- 1 clove garlic, minced
- 30 ml (2 tbsp) lemon juice

- Whole-wheat bun (optional)
- Garnishes (optional)

Preparation

1. In a small bowl, mix all ingredients until smooth.
2. Using your hands, split and shape the mixture into 4 equal round patties that are about 3 to 4 cm (1,5 inches) thick.
3. Cook on a stovetop over medium heat 4-5 minutes per side, until salmon is cooked through and the outsides are very deep golden brown.
4. Serve with a bun or lettuce!

Notes

If desired, double or triple the recipe to make reserves in the freezer. Cooked salmon patties can be frozen for up to 3 weeks. Let thaw in the refrigerator, then reheat in the oven or as directed above.



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