

Salmon Burgers with Spicy Mayo

Prep 15M + 1H refrigeration | Cook 8M | Enjoy in 1H 25M

These burgers are great for lunch or dinner. Salmon is a great source of protein and omega-3 fatty acids to keep your energy levels high to fuel you in all your summertime adventures.

[This recipe is part of our July meal plan.](#)

INGREDIENTS

- 1½ lb. boneless, skinless salmon fillets, cut into 2-inch cubes
- ¼ cup finely chopped green onions
- 1 tbsp grated fresh ginger
- 2 cloves minced garlic
- 2 tbsp finely chopped cilantro
- ¼ tsp chili flakes (optional)
- ½ tsp salt
- ¼ cup mayonnaise
- 1 tbsp sambal oelek
- ¼ tsp sesame oil
- 1 tbsp canola oil
- 5 whole wheat hamburger buns
- ½ ripe avocado, sliced
- 4 large leaves green leaf lettuce

DIRECTIONS

1. Add salmon to a food processor. Pulse until salmon is coarsely chopped, about 3–5 times. Do not overprocess into a fine purée.
2. Transfer salmon to a medium bowl and add green onions, ginger, garlic, cilantro, chili flakes and salt. Stir just until combined. Form mixture into 4 patties. Transfer patties to a tray or a plate and cover with plastic wrap. Refrigerate for at least 1 hour, or up to 3 hours.
3. Meanwhile, in a small bowl, combine mayonnaise, sambal oelek and sesame oil. Cover and refrigerate until ready to serve.
4. Heat oil in a large frypan over medium-high heat. Carefully add salmon patties to pan and cook until lightly browned and salmon is fully cooked, about 3–4 minutes per side. Do not overcook.
5. Spread mayonnaise mixture on hamburger buns, dividing equally. Top with a salmon patty and sliced avocado and lettuce.
6. Serve and enjoy!

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NUTRITIONAL FACTS

Serves 5 (1 burger per serving)

Nutritional analysis per serving: 377 calories, 17 g fat, 34 g protein, 23 g carbohydrate (19 g available carbohydrate), 4 g fibre, 626 mg sodium