

PREPARATION: 30 MINUTES

COOKING: 10 MINUTES

6 SERVINGS

SALMON BURGER



INGREDIENTS

Patties

2 cans salmon (213 g each)
½ cup panko breadcrumbs (or another low-sodium breadcrumb)
2 eggs, lightly beaten
1 green onion, chopped
2 tablespoons mayonnaise
2 tablespoons fresh basil, chopped (5 leaves)
2 teaspoons Dijon mustard
1 teaspoon lemon juice
Zest of ½ lemon
Pepper, to taste
Canola oil for cooking

Sauce

¼ cup mayonnaise
¼ cup plain yogurt
2 teaspoons honey
2 teaspoons lemon juice
Zest of ½ lemon
1 small clove garlic, finely chopped
A dash of sriracha

Burgers

6 hamburger buns
(with the lowest sodium possible)
6 lettuce leaves
Slices of cucumber and red onion

PREPARATION

- 1 Rinse the salmon well under running water. Then drain it by pressing it in a strainer.
- 2 In a large bowl, mix all the ingredients with a fork. Add black pepper to taste.
- 3 With your hands, form 6 patties.
- 4 In a non-stick skillet over medium heat, heat the oil and cook the patties for 5 minutes on each side.
- 5 Assemble the burger with the sauce on both sides of the bun, the lettuce, red onion, and cucumber.

Nutrient Analysis

Per serving: ⅓ of recipe

Calories	369 Kcal
Protein	21 g
Carbohydrates	31 g
Fibre	1 g
Sugars	6 g
Total Fat	18 g
Saturated Fat	3 g
Cholesterol	98 mg
Sodium	608 mg
Potassium	284 mg
Phosphorus	220 mg

Rinsing canned salmon can remove up to 80% of sodium content.