



Ginger Cilantro Salmon Burgers

2 servings

30 minutes

Ingredients

- 227 grams Salmon Fillet (skinless, cut into 1/2-inch chunks)
- 1/4 cup Cilantro (finely chopped)
- 1 tbsp Ginger (peeled and finely grated)
- 2 tsps Coconut Aminos
- 1 tsp Sesame Oil
- 1 tsp Lime Juice
- 1 tbsp Avocado Oil

Nutrition

Amount per serving	
Calories	252
Fat	16g
Saturated	2g
Polyunsaturated	5g
Monounsaturated	8g
Carbs	2g
Fiber	0g
Sugar	1g
Protein	23g
Sodium	140mg
Calcium	15mg
Iron	1mg
Folate	29µg
Vitamin B12	3.6µg
Zinc	1mg

Directions

- 1 Add the salmon to the bowl of a food processor (including the blade) and place in the freezer for 15 minutes.
- 2 Meanwhile, in a large mixing bowl combine the cilantro, ginger, coconut aminos, sesame oil and lime juice. Set aside.
- 3 Remove the food processor bowl from the freezer. Pulse the salmon 4 to 5 times until finely chopped but not a puree. Fold the chopped salmon into the cilantro and ginger mixture.
- 4 Form the mixture into patties. If it is too wet, refrigerate for 20 minutes to stiffen before forming into patties.
- 5 Heat the avocado oil in a large non-stick pan over medium-high heat. Cook the salmon burgers for 4 to 5 minutes per side, or until cooked through and firm to the touch. Serve immediately and enjoy.

Notes

Leftovers, Refrigerate in an airtight container for up to 2 days.

Serving Size, One serving is equal to one salmon burger.

More Flavor, Add minced garlic, honey, lime zest, red pepper flakes or hot sauce to the burger mixture.

Serve it With, Leafy greens topped with extra lime juice, chopped cilantro, sesame seeds, and sliced avocado.

No Coconut Aminos, Use tamari or soy sauce instead.

No Avocado Oil, Use extra virgin olive oil or coconut oil instead.