

SALMON AND VEGGIE BURGERS



SERVING SIZE

4



INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Can Wild Salmon, drained, bones and skin removed	1 (14.5 oz.)	Approved Mayonnaise	2 Tbsp.
Olive Oil	1 Tbsp.	Dijon Mustard (Plus More for Serving)	1 Tbsp.
Shallot, finely chopped	1	Parsley, finely chopped	1/3 Cup
Small Bell Pepper, finely chopped	1	Salt	1/2 Tsp.
Garlic Cloves, minced	2	Freshly Ground Black Pepper	1/4 Tsp.
Large Eggs, whisked	2		



PREPARATION

- Heat olive oil in a non-stick skillet over medium heat.
- Add shallot, bell pepper, and garlic. Sauté for 3-4 minutes until softened, then set aside to cool slightly.
- In a large mixing bowl, combine the drained salmon, eggs, mayonnaise, Dijon mustard, parsley, salt, and pepper. Mix well to combine.
- Add the sautéed vegetables to the salmon mixture and stir until well incorporated.
- Form the mixture into 4 equal-sized patties and place them on a plate. Chill in the refrigerator for 15-20 minutes to help them firm up.
- Heat a non-stick pan or grill over medium heat.
- Lightly grease with oil and cook the patties for 3-4 minutes per side until golden brown and heated through.
- Serve warm with an extra dollop of Dijon mustard. Enjoy!