

Ginger Cilantro Salmon Burgers

1 SERVING 30 MINUTES



INGREDIENTS

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

NUTRITION

AMOUNT PER SERVING

Calories	252	Potassium	580mg
Fat	16g	Vitamin A	182IU
Carbs	2g	Vitamin C	1mg
Fiber	0g	Calcium	15mg
Sugar	1g	Iron	1mg
Protein	23g	Vitamin B12	3.6µg
Cholesterol	63mg	Magnesium	36mg
Sodium	140mg	Zinc	1mg

DIRECTIONS

- 01 Add the salmon to the bowl of a food processor (including the blade) and place in the freezer for 15 minutes.
- 02 Meanwhile, in a large mixing bowl combine the cilantro, ginger, coconut aminos, sesame oil and lime juice. Set aside.
- 03 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.
- 04 Form the mixture into patties. If it is too wet, refrigerate for 20 minutes to stiffen before forming into patties.
- 05 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.