

Salmon Cakes with Lemon Dill Aioli

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template approved



prep time
10 minutes



total time
25 minutes



servings
3-4

Ingredients

For the burger patty:

- 16 oz/450 grams fresh skinless salmon ~ 13 servings protein, 1 1/3 servings fat
- 1/2 red onion, minced ~ 1/2 servings veggies
- 1 tablespoon fresh dill, chopped
- 1.5 teaspoons sea salt
- 1/2 teaspoon pepper
- 1 tablespoon dijon (optional)
- 1 tablespoon olive oil ~ 1 serving fat

For the sauce:

- 70 grams plain greek yogurt 0% ~ 1 serving protein
- 2 tablespoons dijon mustard
- 1 tablespoon fresh dill, chopped
- 2 tablespoons fresh chives, chopped
- A squeeze of fresh lemon juice (to taste)

Instructions

- 1 Cut salmon into cubes and transfer to a food processor. Then add onion, dill, dijon, salt, and pepper, and pulse a few times to combine.
- 2 Form mixture into 4 patties. If you are struggling to form the patties due to the stickiness, stick them into the freezer for 10 minutes.
- 3 In a pan on medium heat add olive oil. Once oil is hot, cook patties for 3-4 minutes on each side. It will depend on how thick your patties are - the thicker they are, you may need to cook longer, closer to 12 minutes total. Make sure to check that they are cooked.
- 4 In a small bowl mix all the ingredients for the sauce until everything is well combined.



Whole Recipe Serving Breakdown:
14 servings protein
0 servings carb
1/2 serving veggies
2 and 1/3 servings fat