

Lemon Pepper Salmon Burgers with Sesame-Miso Dressing

Prep Time: 20 minutes*

Cook Time: 10 minutes

Total Time: 30 minutes

Servings: 4-6 burgers

Serving Size: 1 salmon burger patty with 2 tablespoons dressing

Ingredients:

For the Salmon Cakes:

1 recipe lemon pepper salmon cooked*

3 green onions, thinly sliced

2/3 cup -1 1/3 cup panko or gluten free panko

1-3 tablespoons mayo

1 large egg, beaten

1 tablespoon soy sauce or gluten free soy sauce

1/4 teaspoon salt

1/4 teaspoon pepper

2 tablespoons grapeseed oil

For the Dressing:

1 2-in piece fresh ginger, peeled and grated

4 tablespoons white miso

2 tablespoons rice vinegar

1 1/2 tablespoons sesame oil

1 tablespoon honey or agave

Burger Fixings - avocado, buns or gluten free buns, romaine or other mixed greens

Directions:

***This recipe calls for you to make the Lemon Pepper Salmon recipe first before assembling the salmon burgers. You can make this ahead by doubling a batch (and keeping the leftovers in an airtight container in the fridge for 2-3 days or you can make it the same night and immediately use for the following salmon burger recipe. If you have not pre-made the lemon pepper salmon, you will need to add another 30 minutes to this total time.**

1. To make the dressing: Squeeze the grated ginger with your fingertips over a small bowl to yield 2 teaspoons ginger juice (discard pulp). Add miso, vinegar, sesame oil, and sugar and whisk together until sugar dissolves. Add more oil slowly to get to a thick dressing like consistency. Refrigerate until ready to serve. You can make this dressing 1 day in advance as well.
2. To make the burgers, remove skin from the lemon pepper salmon and chop into rough 1/4 in pieces.
3. Combine salmon, scallions, 2/3 cup panko, egg, soy sauce, salt and pepper in a large bowl and stir until mixture is evenly moistened. Add more panko or mayo to get to desired consistency so they stay together but are not too moist.
4. Heat oil in a large fry pan over medium-high heat until the oil is shimmering hot.
5. Cook prepared patties in hot oil for 8-10 minutes total, flipping to get both sides a golden brown color.
6. Serve burgers with prepared sesame-miso dressing and burger fixings!

Tips and Tricks:

If you want to make the lemon pepper salmon more than a few days before making these burgers, you can freeze the cooked salmon for up to 1 month. Just de-thaw in the refrigerator completely (1 day ahead should work) before making the burgers.

Nutritional Information Per Serving:

Calories: 369.3
Fat: 23.0 g
Cholesterol: 96.2 mg
Sodium: 584.0 mg
Total Carbohydrate: 15.7 g
Dietary Fiber: 0.9 g
Sugars: 4.4 g
Protein: 25.4 g