



SALMON BURGER

SERVES: 4

PREP TIME: 30 MIN

COOK TIME: 10 MIN

INGREDIENTS

Tzatziki sauce:

- ½ cup plain Greek yogurt
- ½ of one English cucumber, finely grated
- 2 tbsp fresh dill
- Zest and juice of ½ of a lemon
- Salt and pepper to taste
- Suggested toppings:
- Pickled or raw red onion
- Butter lettuce
- Roasted corn
- Thinly sliced cucumbers

DIRECTIONS - PAGE 1

Tzatziki sauce:

1. Grate cucumber and squeeze out excess liquid to avoid a thin texture.
2. Add all of the ingredients to a bowl and let sit for a minimum of 15 minutes to let the flavours settle, meanwhile work on the burgers.



This recipe was created by Chef Jessi, Kelowna store manager, 2022.



SALMON BURGER

SERVES: 4

PREP TIME: 30 MIN

COOK TIME: 10 MIN

INGREDIENTS CON'T...

Burger:

- 4 x 4oz skinless salmon tails, cubed
- ¼ cup plain breadcrumbs
- 1 egg
- 2 tbsp fresh dill
- Zest and juice of 1 lemon
- 2 tsp lemon pepper
- 1 tsp salt

DIRECTIONS - PAGE 2

The burgers:

1. Add cubed salmon to the food processor and pulse until minced.
2. Add salmon to a mixing bowl and add in all other ingredients, mixing until incorporated.
3. Split the mixture into 4 balls and flatten by hand or into a ring mould/burger press.
4. Stovetop: heat pan on medium heat with a little olive oil and cook burger 4 minutes a side, flipping once.
5. Barbecue: heat cast iron sheet pan or skillet on medium and cook 3 minutes a side, closing lid.
Note: we do not recommend putting burgers directly on the grate.
6. Remove from heat.
7. Top burgers with sauce and desired toppings.



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