

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

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

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.

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.



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

