

# MEALTIME HELPER

MAKING MEALTIME EASY

## Salmon Patties - Recipe

**Prep time:** 10 minutes

**Cook time:** 10–12 minutes (pan-fry) — 18–22 minutes (baked)

**Total time:** 20–25 minutes (pan-fry) — 28–32 minutes (baked)

**Servings:** 4 (about 8 patties)

## Ingredients

- 14–15 oz (one 425 g) can salmon, drained and flaked (or 12–16 oz / 340–450 g cooked salmon, flaked)
- 1 large egg, lightly beaten
- 1/2 cup (60 g) fresh breadcrumbs or panko (plus extra for coating, optional)
- 1/4 cup (30 g) finely chopped onion or 2 tablespoons shallot, finely minced
- 2 tablespoons chopped fresh parsley (or 1 tablespoon dried)
- 1 tablespoon Dijon mustard or yellow mustard
- 1 tablespoon mayonnaise (optional — adds moisture)
- 1 teaspoon Worcestershire sauce (optional)
- 1/2 teaspoon garlic powder or 1 small garlic clove, minced
- 1/2 teaspoon kosher salt (adjust to taste)
- 1/4 teaspoon black pepper
- Zest and 1 teaspoon juice of 1/2 lemon (optional, for brightness)
- 2–3 tablespoons vegetable oil or olive oil for frying (or cooking spray/oil for baking)
- Optional for serving: lemon wedges, tartar sauce, hot sauce, sliced pickles, buns or lettuce wraps

## Directions

1. **Prepare the salmon:** If using canned salmon, drain and transfer to a bowl. Flake with a fork and pick out any large bones if desired (they're soft and edible). If using cooked fresh salmon, flake and cool slightly.
2. **Mix the binder:** In a small bowl, whisk the egg with the mustard, mayonnaise (if using), Worcestershire, lemon juice, salt, and pepper.

- 3. Combine filling:** In a larger bowl, combine the flaked salmon, chopped onion, parsley, garlic powder, and breadcrumbs. Pour the egg mixture over the salmon and gently mix until combined. If the mixture feels too wet, add a bit more breadcrumbs; if too dry, add a teaspoon of water or an extra beaten egg.
- 4. Form patties:** Divide mixture into 6–8 equal portions and shape into patties about 3 inches wide and 1/2–3/4 inch thick. For a crisper exterior, press each patty into a shallow plate of additional breadcrumbs or panko to coat lightly.
- 5. Pan-fry (method A):** Heat 2 tablespoons oil in a large skillet over medium heat. When shimmering, add patties (work in batches if needed). Cook 3–4 minutes per side until golden brown and heated through. Transfer to a paper-towel lined plate.
- 6. Bake (method B — slightly healthier):** Preheat oven to 400°F (200°C). Place patties on a parchment-lined baking sheet and lightly brush or spray with oil. Bake 9–11 minutes, flip, and bake another 8–10 minutes until golden and cooked through.
- 7. Serve:** Serve hot with lemon wedges and tartar sauce, on buns as salmon burgers, or on a bed of greens for a lighter meal. Add pickles, sliced tomato, or avocado as desired.
- 8. Store:** Refrigerate leftovers in an airtight container for 2–3 days. Reheat gently in a skillet or oven to preserve texture. Patties also freeze well—flash freeze on a sheet then store in a freezer bag up to 2 months; reheat from frozen in a 350°F (175°C) oven until warmed through.

## Tips

- Use panko for a lighter, crispier texture.
- For extra flavor, add 1–2 tablespoons chopped capers, chopped dill, or a pinch of Old Bay seasoning.
- If you like a softer, more pillowy patty, swap half the breadcrumbs for cooked rice or mashed potato.

Crispy edges, tender center, and zesty lemon — simple comfort that's fast enough for weeknights and tasty enough for guests.