

MEALTIME HELPER

MAKING MEALTIME EASY

Salmon Patties - Shopping List

- **Protein**
 - 14–15 oz (425 g) canned salmon (one can) — or 12–16 oz cooked salmon
- **Eggs & Dairy**
 - 1 large egg
 - 1 tbsp mayonnaise (optional)
- **Breads & Binders**
 - 1/2 cup (60 g) fresh breadcrumbs or panko (plus extra for coating, optional)
- **Produce & Herbs**
 - 1/4 cup finely chopped onion (or 2 tbsp shallot)
 - 2 tbsp fresh parsley (or 1 tbsp dried)
 - 1 lemon (zest + 1 tsp juice from 1/2 lemon)
 - Optional: capers, fresh dill (if using)
- **Pantry & Seasonings**
 - 1 tbsp Dijon or yellow mustard
 - 1 tsp Worcestershire sauce (optional)
 - 1/2 tsp garlic powder (or 1 small garlic clove)
 - 1/2 tsp kosher salt
 - 1/4 tsp black pepper
 - Optional: Old Bay or seafood seasoning (if using)
- **Oils & Cooking**
 - 2–3 tbsp vegetable oil or olive oil (for frying) — or cooking spray for baking
- **Optional Serving Items**
 - Lemon wedges (from above lemon)
 - Tartar sauce or condiments (store-bought or ingredients to make your own)
 - Buns or lettuce (for wraps)
 - Pickles, sliced tomato, avocado (optional toppings)

Notes:

- For a lighter, crispier result use panko.
- If you want to substitute half the breadcrumbs for cooked rice or mashed potato, add those ingredients.