



Herbed Salmon Patties

Featured Greenhouse Ingredient: Parsley and Thyme



6 servings



10 minutes to prep
10 minutes to cook



Savory Salmon Patties: A Deliciously Healthy Delight

Dive into a dish that's as nutritious as it is delicious with our Healthy Low Carb, Gluten-Free Salmon Patties. Crafted with a blend of almond flour, Dijon mustard, and fresh dill, these patties are a flavor-packed treat that's perfect for any time of day. Each bite offers a satisfying crunch with a tender, flaky interior, delivering a hearty dose of high-quality protein and essential nutrients. Whether enjoyed as a main course or a quick snack, these salmon patties are designed to keep you feeling full and satisfied without compromising on taste.

INGREDIENTS

- 2 6-ounce cans salmon (skinless and boneless)
- ½ cup fresh parsley, chopped
- ½ teaspoon dried thyme
- 2 tablespoons mayonnaise
- ¼ cup Dijon mustard
- 2 eggs
- 4 tablespoons fresh lemon juice
- 1½ teaspoon salt and pepper, plus more to season salmon filet before baking
- 4 cup almond meal (optional)
- ¼ cup olive oil (for sautéing)



All of our recipes are sugar-free and gluten free!

*sourced from the Greenhouse Garden



DIRECTIONS



1. Preheat your oven to the "keep warm" setting (170°F).
2. Drain the salmon cans thoroughly. Place the salmon in a large bowl. Flake it well with a fork into tiny pieces.
3. Add the eggs, mayonnaise, Dijon mustard, garlic, kosher salt, black pepper, and thyme.
Mix well.
4. Mix in the chopped parsley.
5. Heat the olive oil over medium heat in a large 12-inch nonstick skillet for about 3 minutes.
6. Using a 4-tablespoon ice cream scoop, transfer four mounds of the mixture to the skillet.
Pack the mixture into the scoop, then release it into the skillet and gently flatten.
7. Cook the patties until well-browned and crispy, about 3 minutes on each side. Place the cooked patties in the oven to keep them warm while you cook the second batch.

NOTES

- Don't over-oil the pan while frying the patties! You only want 1-2 tablespoons of olive oil in the sauté pan. It should be just a thin coating in lieu of an inch of oil.
- To ensure the salmon cakes don't fall apart, drain the salmon thoroughly, flake it well, use large eggs, and mix the ingredients thoroughly.
- About half the olive oil will remain in the skillet; the nutrition info reflects that. But you need all of it to fry the patties properly.
- You can keep the leftovers in the fridge, in an airtight container, for 3-4 days. Reheat them gently in the microwave at 50% power, or enjoy them cold straight out of the fridge.