



Crispy Salmon Cakes

Ingredients:

2 ½ lbs. skinless salmon filet
½ red bell pepper, finely chopped
1 red onion, finely chopped
1 clove garlic, minced
1 Tbs. paprika
1 egg
2 C. panko
Kosher salt and pepper
¼ C. flat leaf parsley, finely chopped
1/3 C. olive oil

Directions:

In a medium skillet, heat 1 Tbs. of olive oil on medium-low. Add garlic, onion, bell peppers, 1/2 Tbs. of salt and 1/4 tsp. of pepper, cook until softened, about 4-5 minutes.

Add flat leaf parsley, remove from heat. Transfer mixture into a medium-large bowl. Set aside to completely cool by leaving 10 minutes at room temperature, then transfer to refrigerator for 15-20 minutes.

While vegetable mixture is cooling, finely cube salmon.

Once vegetables have fully cooled, add raw salmon, eggs, paprika, 1 C. panko. Make sure everything is well combined. Make patties by shaping salmon mixture into ¾ to 1" thick cakes.

Pour another 2 C. of panko into a shallow dish.

In a medium skillet, heat oil on medium-low. Dredge salmon patties in

panko, coating both sides, then place into skillet.

Cook 1-2 minutes per side or until golden brown. Immediately remove from heat and place onto a paper towel to drain.

Serve with a side of greens, as a burger, or on its own.