Asian Salmon Burgers

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Ginger, shallots, and scallions give these salmon burgers a slightly Asian twist. If desired, place the shaped patties in the freezer for 20 minutes before cooking to let them become firmer. Serve with avocado, tahini sauce, or Paleo mayo.

Ingredients:

1 1/2 lbs. salmon fillet, skin removed and finely chopped

2 shallots, minced

1-inch piece fresh ginger, peeled and grated

1 egg, beaten

2 scallions, thinly sliced

1/4 tsp red pepper flakes

Salt and freshly ground pepper

Coconut oil, for the pan

1. In a large bowl, combine all of the ingredients and mix well. Use your hands to form 8 burger patties, packing firmly.

2. Melt about a tablespoon of coconut oil in a skillet over medium heat. Add the salmon patties and cook for 4-6 minutes per side, until browned and opaque throughout. Serve warm.

