Salmon Burgers with Mustard Sauce

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Fish

A spicy mustard sauce is the perfect accompaniment to these simple salmon burgers. The burgers can be pan-seared or grilled for a light and easy dinner. To serve, top the burgers with crunchy cucumbers and sliced tomatoes.

Ingredients:

12 oz. salmon fillets, skin removed and finely chopped

1 egg, beaten

3 cloves garlic, minced

3 green onions, chopped

1 tbsp Paleo hoisin sauce

1/2 tsp salt

1/4 tsp pepper

Dash of cayenne

1/4 cup almond flour

Coconut oil, for the pan

For the mustard sauce:

1/4 cup mayonnaise

3 tbsp spicy Paleo mustard

1-2 tbsp lemon juice

Directions:

1. In a large bowl, combine all of the ingredients and mix well. Use your hands to form 4-5 burger patties, packing firmly.

2. In a separate bowl, stir together the ingredients for the mustard sauce. Adjust lemon juice to taste. Set aside.

3. 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, drizzled with mustard sauce.

