



SALMON BURGERS

with Creamy Spring Salad

PRONTO



HELLO

SALMON BURGERS

Make a restaurant-worthy meal
in your own kitchen

TIME: 30 MIN



Salmon Fillets,
skinless



Mayonnaise



Dill



Panko
Breadcrumbs



Shallot



Spring Mix



Roma Tomato



Greek Yogurt



Burger Bun



Lemon



Mini Cucumber

BUST OUT

- Baking Sheet
- 2 Large Bowls
- Measuring Cups
- Zester
- Box Grater
- Large Non-Stick Pan
- Measuring Spoons
- Whisk
- Paper Towel
- Salt and Pepper
- Sugar (½ tsp | 1 tsp)
- Olive or Canola Oil

INGREDIENTS

2-person | 4-person

- Salmon Fillets, skinless **0** 285 g | 570 g
- Mayonnaise **3,6,9** 4 tbsp | 8 tbsp
- Dill 7 g | 14 g
- Panko Breadcrumbs **1** ¼ cup | ½ cup
- Shallot 50 g | 100 g
- Spring Mix 56 g | 113 g
- Roma Tomato 80 g | 160 g
- Greek Yogurt **2** 100 g | 200 g
- Burger Bun **1,2,3** 2 | 4
- Lemon 1 | 2
- Mini Cucumber 66 g | 132 g

ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soya, les sulfites, les noix et le blé.

- 0** Fish/Poisson
- 1** Wheat/Blé
- 2** Milk/Lait
- 3** Egg/Oeuf
- 4** Soy/Soja
- 5** Tree Nut/Noix
- 6** Mustard/Moutarde
- 7** Peanut/Cacahuète
- 8** Sesame/Sésame
- 9** Sulphites/Sulfites
- 10** Crustacean/Crustacé
- 11** Shellfish/Fruit de Mer

*Laver et sécher tous les aliments.

**Cuire jusqu'à une température interne minimale de 70°C/158°F.



START STRONG



Preheat the oven to **450°F** (to toast buns). Start prepping when the oven comes up to temperature!



1 PREP Wash and dry all produce.* Cut **half the tomato** into slices. Cut **remaining tomato** into ¼-inch pieces. Cut **cucumber** into ½-inch rounds. Zest, then juice **half the lemon** (1 lemon for 4 ppl). Cut **remaining lemon** into wedges. Finely chop **dill**. Peel **shallot**, then holding onto the root end, finely grate. Pat **salmon** dry with paper towel, then cut into ⅛-inch pieces. (**TIP:** Smaller salmon pieces are best - this helps bind ingredients.)



4 MAKE DRESSING Meanwhile, in another large bowl, whisk together **yogurt**, **remaining dill**, **½ tsp sugar** (dbl for 4 ppl) and **½ tsp lemon juice** (dbl for 4 ppl). Season with **salt and pepper**. Set aside.



2 FORM SALMON BURGERS In a large bowl, combine **salmon pieces, lemon zest, mayo, shallot, ¼ cup panko** (dbl for 4 ppl), **½ tbsp dill** (dbl for 4 ppl) and **½ tsp salt** (dbl for 4 ppl). Season with **pepper**. Stir to combine. Using your hands, firmly press together and shape **salmon mixture** into **two** 2-inch thick **patties** (4 patties for 4 ppl).



5 TOAST BUNS Split **buns** in half and arrange them on a baking sheet, cut-side up. Toast in **middle** of oven, until golden, 2-3 min. (**TIP:** Keep an eye on buns so they don't burn!)



3 COOK SALMON BURGERS Heat a large non-stick pan over medium heat. When the pan is hot, add **1 tsp oil**, then **patties**. Pan-fry, until bottoms are golden-brown, 2-3 min. Carefully flip **each patty**, then add another **1 tsp oil** to the pan. Pan-fry, until bottom is golden and **patties** are cooked through, 3-4 min. (**TIP:** Cook to a min. internal temp of 70°C/158°F, as size may vary.**) (**NOTE:** Cook in 2 batches for 4 ppl, using 2 tsp oil for each batch.)



6 FINISH AND SERVE Spread **1 tbsp dressing** over **bottom buns**. Top with **patty**, another **1 tbsp dressing, tomato slices** and **top buns**. To **remaining dressing**, add **spring mix, chopped tomatoes** and **cucumbers**. Season with **salt and pepper**, then toss. Divide **salmon burgers** and **salad** between plates. Squeeze over a **lemon wedge**, if desired.

QUICK!

Salmon is perfect for quick dinners!

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