

Salmon Cakes with Lemon Basil Sauce

These Salmon Cakes with Lemon Basil Sauce are the most elegant weeknight dinner you could make for the time invested! In 25 minutes or less ,you will be enjoying a dinner worthy of a white table cloth restaurant meal. Made in a flash, the Salmon Cakes fry up in 10 minutes or less in a non stick fry pan. You can change up the ingredients by adding your favorite veggies, like a bell pepper or kale. Dice them finely so that they will meld into the mixture.

1 pound	salmon filet		salt and freshly ground black pepper
¼ cup	sliced green onions		(to taste)
1 teaspoon	lemon zest	Lemon Basil Sauce	
¼ cup	chopped dill OR assorted fresh herbs (parsley, cilantro, basil, etc.)	½ cup	mayonnaise
½ cup	kale, stems removed and finely chopped (optional)	2 Tablespoon	basil leaves, chiffonade
¼ cup +	bread crumbs	1 Tablespoon	lemon juice
1 large	egg	½ teaspoon	lemon zest

- 1 Finely chop the salmon filet. Add to bowl with green onions, lemon zest, dill or herbs, optional kale, bread crumbs and egg, salt and pepper. Mix the ingredients together gently.
- 2 Dust plate with bread crumbs. Form the salmon cakes together and place on bread crumb lined plate. Dust more bread crumbs over the top. Smaller cakes are easier to handle...about 2 ½ - 3 inches each.
- 3 Combine Lemon Basil sauce ingredients.
- 4 Heat canola oil in nonstick fry pan. When the pan is hot, fry the salmon cakes on medium high heat until browned.. Flip over to brown the other side. Serve with Lemon Basil sauce

Servings: 2

Preparation Time: 15 minutes

Cooking Time: 10 minutes

Total Time: 25 minutes

Nutrition Facts

Nutrition (per serving): 750 calories, 426 calories from fat, 47.6g total fat, 254.8mg cholesterol, 772.5mg sodium, 1022.8mg potassium, 27.7g carbohydrates, 1.8g fiber, 5.7g sugar, 51.6g protein.

Source

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