

Zucchini Bread Recipes

Canned Salmon Patties

A simple, nourishing patty made from canned salmon, herbs, and a touch of lemon, pan-fried to golden perfection.

15 min Prep time	**20 min** Cook time	**35 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 2 (5-oz) cans salmon, drained and flaked
- [ ] 1/2 cup breadcrumbs (panko or regular)
- [ ] 1 egg, lightly beaten
- [ ] 2 tbsp fresh parsley, chopped
- [ ] 1 tbsp fresh dill, chopped
- [ ] 1 tsp lemon zest
- [ ] 1 tbsp lemon juice
- [ ] 1/2 tsp salt
- [ ] 1/4 tsp black pepper
- [ ] 2 tbsp olive oil for frying

Instructions

1. Pat the drained salmon dry with a paper towel; this removes excess moisture and helps the patties hold together.



2. In a large bowl, combine salmon, breadcrumbs, egg, herbs, lemon zest, lemon juice, salt, and pepper; mix gently until just combined.



3. Divide the mixture into 8 equal portions and shape each into a patty about 1/2-inch thick.



4. Heat olive oil in a skillet over medium-high heat; when shimmering, add patties in a single layer, being careful not to crowd.



5 Cook 3–4 minutes per side, or until the exterior is golden brown and the interior is heated through.



6 Transfer to a paper-towel lined plate, squeeze a fresh lemon wedge over the top, and serve immediately.



Nutrition per serving

280 kcal	24 g	12 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the mixture feels too loose, add a tablespoon more breadcrumbs.
- For extra flavor, mix in a pinch of smoked paprika.
- Serve with a dollop of plain Greek yogurt or a simple tartar sauce.