

Salmon Burgers & Corn on the Cob

with Basil Butter

Great burgers start with great ingredients. Our lighter, healthier version of the American classic begins with a whole salmon fillet. Starting with the whole fillet and chopping it preserves its flavor and texture throughout the cooking process, ensuring that the patties stay nice and juicy. These feel-good burgers, served with a side of lightly-herbed corn on the cob, are an exceptional example of seasonal simplicity.



Ingredients

- 2 Cloves Garlic
- 2 Ears Corn
- 2 Potato Buns
- 2 Tablespoons Butter
- 1 10-Ounce Skinless Salmon Fillet
- 1 Bunch Basil
- 1 Tomato
- 1 Lemon
- 1 Shallot
- 2 Tablespoons Mayonnaise
- ¼ Cup Panko Breadcrumbs
- ½ Ounce Watercress

Makes 2 Servings
About 700 Calories Per Serving

Instructions



1

Prepare the ingredients:

Wash and dry the fresh produce. Heat a large pot of salted water to boiling on high. Take the butter out of the refrigerator to soften. Peel and mince the garlic; then, using the flat side of your knife, smash until it resembles a paste. Remove and discard the husks and silks of the corn. (If the ears won't fit into your pot, cut each in half.) Split the buns. Pick the basil leaves off the stems; discard the stems. Slice the tomato. Peel and mince the shallot to get 2 teaspoons of minced shallot (you may have extra shallot). Quarter the lemon and remove the seeds. Finely chop the salmon.



2

Make basil butter & aioli:

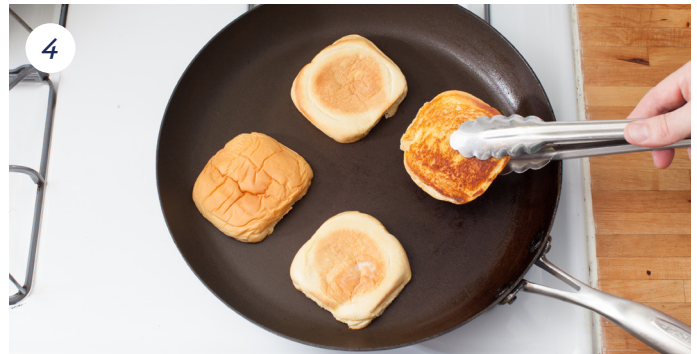
In a small bowl, combine the **softened butter**, **half the basil** (roughly chopping the leaves just before adding) and a **pinch of shallot**. Stir to incorporate and season with salt and pepper to taste. To make the aioli, in a separate small bowl, combine the **mayonnaise**, **the juice of 1 lemon wedge**, **half the garlic paste** and a **splash of olive oil**. Stir to combine and season with salt and pepper to taste. Set the basil butter and aioli aside as you continue cooking.



3

Make the salmon burgers:

In a medium bowl, combine the **chopped salmon**, **panko breadcrumbs** and the **remaining garlic paste, shallot and basil** (roughly chopping the leaves before adding); season with salt and pepper. Form into 2 patties. In a large pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium until hot. Add the **patties** and cook 4 to 5 minutes per side, or until golden and cooked through. Transfer to a paper towel-lined plate. Wipe out the pan.



4

Toast the buns:

In the same pan used to cook the burgers, heat 2 teaspoons of olive oil on medium until hot. Add the **potato buns**, cut side down, and toast 1 to 2 minutes per side, or until lightly browned. Transfer the toasted buns to a clean work surface.



5

Cook the corn:

Carefully add the **corn** to the pot of boiling water. Cook 2 to 3 minutes, or until tender. Drain thoroughly and set aside as you continue cooking.



6

Finish & plate your dish:

In a small bowl, toss the **watercress** with the **juice of 1 lemon wedge** and a drizzle of olive oil; season with salt and pepper to taste. Spread a thin layer of **aioli** onto the insides of each toasted bun. Place a **burger** and **1 to 2 tomato slices** (you may have extra tomatoes) onto the bottoms of the buns; season the tomatoes with salt and pepper. Top each with the **watercress** and the tops of the buns. Spread the **basil butter** onto the **cooked corn** and serve on the side. Garnish with the **remaining lemon wedges**. Enjoy!