

# Salmon Burgers

*with Crème Fraîche Sauce, Arugula & Potato Salad*

As summer approaches and the weather heats up, sometimes we prefer a lighter take on the burger. In this recipe for wholesome salmon burgers, you'll roast a salmon fillet, mix it with breadcrumbs and aromatics and then sear the patties on the stove. We're also topping them with a unique take on classic tartar sauce (a mayonnaise-based condiment usually served with seafood). Instead of mayo, we're using crème fraîche as the base and adding shallot, mint and lemon juice to give these burgers a zesty kick.



## Ingredients

- 1 8-Ounce, Skin-On Salmon Fillet
- 2 Potato Buns
- 2 Cloves Garlic
- 1 Lemon
- 1 Ounce Arugula
- ½ Pound Red Potatoes
- 1 Bunch Mint

## Knick Knacks

- 2 Tablespoons Capers
- 1 Shallot
- ⅓ Cup Crème Fraîche
- ¼ Cup Breadcrumbs

Makes 2 Servings

About 700 Calories Per Serving

Cooking Time: 25 to 35 minutes





1



### Roast & flake the salmon:

Preheat the oven to 450°F. Place a large piece of foil on a sheet pan. Place the **salmon** on the foil, skin side down; drizzle with olive oil and season with salt and pepper. Roast in the oven 10 to 12 minutes, or until lightly browned on top. Using a spatula, carefully lift the roasted salmon off its skin; transfer to a large bowl and discard the skin. Using a fork, flake the roasted salmon into small pieces. When the salmon has cooled, drain off and discard any liquid from the bowl.

2



### Prepare the ingredients:

While the salmon roasts, wash and dry the fresh produce. Heat a medium pot of salted water to boiling on high. Halve the buns. Peel and mince the garlic. Cut the potatoes into bite-sized pieces. Pick the mint off the stems; discard the stems. Roughly chop the capers. Using a peeler, remove the rind of the lemon, avoiding the pith; mince to get 2 teaspoons of zest (or use a zester). Quarter and deseed the lemon. Peel and mince the shallot to get 2 tablespoons of minced shallot (you may have extra); place in a bowl with **the juice of all 4 lemon wedges** and season with salt and pepper.

3



### Make the crème fraîche sauce:

While the salmon continues to roast, in a medium bowl, combine **the crème fraîche, shallot-lemon juice mixture** and **half the mint** (roughly chopping just before adding); season with salt and pepper to taste.

4



### Make the potato salad:

Add the **potatoes** to the pot of boiling water. Cook 11 to 13 minutes, or until tender when pierced with a fork. Drain thoroughly and return to the pot. Off the heat, add the **capers** and **half the crème fraîche sauce**; stir to combine and season with salt and pepper to taste.

5



### Form & cook the patties:

While the potatoes cook, to the bowl of flaked salmon, add the **breadcrumbs, garlic, lemon zest** and **remaining mint** (roughly chopping just before adding); season with salt and pepper. Gently mix to combine. Form the mixture into two ¾-inch-thick patties, squeezing firmly to ensure that the patties are tightly packed. In a medium pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the **patties** and cook 2 to 3 minutes per side, or until golden brown and cooked through. Transfer to a paper towel-lined plate. Carefully wipe out the pan.

6



### Toast the buns & plate your dish:

In the pan used to cook the patties, heat 2 teaspoons of olive oil on medium until hot. Add the **buns**, cut sides down, and toast 2 to 3 minutes, or until golden brown. Transfer to a clean, dry work surface. Place the **arugula** in a medium bowl; drizzle with olive oil and toss to coat. Season with salt and pepper to taste. Top each toasted bun bottom with a **cooked patty, the remaining crème fraîche sauce, a pinch of the dressed arugula** and a toasted bun top. Serve with the **potato salad** and **remaining dressed arugula** on the side. Enjoy!