

Helergon Kitchen

Canned Salmon Patties – Easy Weeknight Dinner

10 min Prep time	**15 min** Cook time	**25 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 2 (14-oz) cans salmon, drained and flaked
- [ ] 1/2 cup panko breadcrumbs
- [ ] 1/4 cup finely chopped fresh dill or parsley
- [ ] 1 egg, lightly beaten
- [ ] 2 tbsp mayonnaise
- [ ] 1 tsp lemon zest
- [ ] 1/2 tsp salt
- [ ] 1/4 tsp black pepper
- [ ] 2 tbsp butter, for frying

Optional Add-ins

- [ ] 1 tbsp capers, chopped
- [ ] 1 tsp smoked paprika

Instructions

1. Drain the canned salmon and place it in a large bowl; gently break into flakes, removing any skin or bones you find.
2. Add the panko, chopped herbs, lemon zest, salt, pepper, egg, and mayonnaise. Mix gently until just combined – avoid over-mixing.
3. Let the mixture rest for 5 minutes; this allows the breadcrumbs to absorb moisture and helps the patties hold together.
4. Shape the mixture into four equal patties, about ½ inch thick. Press each lightly to flatten.
5. Heat a skillet over medium-high heat and melt the butter. When bubbling, add the patties and cook 3-4 minutes per side, until golden brown and heated through.
6. Transfer to a plate, squeeze a little fresh lemon over the top, and serve warm. Pair with a dollop of garlic butter sauce if desired.

Nutrition per serving

310 kcal	22 g	12 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the mixture feels too wet, add a tablespoon more breadcrumbs.
- For extra crunch, coat each patty lightly in additional panko before frying.
- Serve with a side of easy weeknight dinners ideas like roasted veggies.