

Helergon Kitchen

Salmon Patties With Homemade Tartar Sauce

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

Ingredients

Main Ingredients

- [ ] 1 lb fresh salmon fillet, skin removed and finely diced
- [ ] 1/2 cup panko breadcrumbs
- [ ] 1 large egg, lightly beaten
- [ ] 2 tbsp fresh dill, chopped
- [ ] 1 tbsp fresh parsley, chopped
- [ ] 1 tsp lemon zest
- [ ] 1/2 tsp salt
- [ ] 1/4 tsp black pepper
- [ ] 2 tbsp olive oil
- [ ] 1 tbsp butter

For the Tartar Sauce

- [ ] 1/2 cup mayonnaise
- [ ] 1 tbsp capers, minced
- [ ] 1 tsp Dijon mustard
- [ ] 1 tsp lemon juice
- [ ] 1 tbsp dill pickle, finely chopped
- [ ] Salt and pepper to taste

Instructions

1. In a bowl, combine the diced salmon, panko, egg, herbs, lemon zest, salt, and pepper; mix gently until just combined.
2. Shape the mixture into eight even patties and place them on a plate; let them rest for 5 minutes.
3. Heat olive oil and butter in a large skillet over medium-high heat until shimmering; add patties and cook 3-4 minutes per side until golden brown.
4. Meanwhile, whisk together all tartar sauce ingredients in a small bowl; adjust seasoning with salt, pepper, and extra lemon if desired.
5. Serve the patties hot, topped with a dollop of tartar sauce and a lemon wedge on the side.

Nutrition per serving

420 kcal	32 g	12 g	28 g
Calories	Protein	Carbs	Fat

Tips & notes

- Pat the salmon as dry as possible to achieve a crisp crust.
- Do not over-mix the patty mixture; a fluffy texture is key.
- For a subtle smoky note, finish with a pinch of smoked paprika.