

Choco Fever Dream

Canned Salmon Patties – Easy Quick Snack

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

Ingredients

Main Ingredients

- [ ] 2 (6-oz) cans canned salmon, drained and flaked
- [ ] 1/2 cup panko breadcrumbs
- [ ] 1 large egg, lightly beaten
- [ ] 2 tbsp fresh dill, chopped
- [ ] 1 tsp lemon zest
- [ ] 1 tbsp lemon juice
- [ ] 1/2 tsp black pepper
- [ ] 1/4 tsp salt (adjust if using seasoned breadcrumbs)
- [ ] 2 tbsp olive oil for frying

Optional Dipping Sauce

- [ ] 1/4 cup plain Greek yogurt
- [ ] 1 tsp capers, minced
- [ ] 1 tsp fresh lemon juice
- [ ] Pinch of salt

Instructions

1. Drain the salmon well, then place it in a large bowl and flake it with a fork; the texture should be loose but not mushy.
2. Add the beaten egg, breadcrumbs, dill, lemon zest, lemon juice, pepper, and salt; gently fold everything together until just combined—don’t over-mix.
3. With damp hands, shape the mixture into four equal patties, about ½ inch thick; set them on a plate.
4. Heat the olive oil in a non-stick skillet over medium-high heat. When it shimmers, add the patties, leaving space between each; cook 3-4 minutes per side until golden brown.
5. Transfer the cooked patties to a paper-towel-lined plate to drain any excess oil; serve immediately with the optional yogurt dip.

Nutrition per serving

280 kcal	22 g	12 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the mixture feels too wet, sprinkle a little extra breadcrumbs before shaping.
- For extra flavor, toast the breadcrumbs lightly before mixing.
- These patties freeze well; reheat in a hot skillet for best texture.