



BRISTOL BAY
SOCKEYE SALMON

AIR FRYER SALMON BURGERS WITH THAI CABBAGE SLAW

Servings: 4

*This recipe is keto, paleo and low carb.
Recipe developed by [The Real Food Dietitians](#).*

Ingredients:

For the Burgers:

- 12 ounces of wild sockeye salmon, skin and bones removed, roughly chopped into very small pieces*
- 1/2 lemon, juiced (about 2 tablespoons)
- 1/2 teaspoon lemon zest
- 1 small shallot, minced (substitute 2 garlic cloves, minced)
- 2 scallions, thinly sliced
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 egg
- 1/4-1/2 cup almond flour
- Olive oil cooking spray

For the Slaw:

- 4 cups thinly sliced or shredded green cabbage (or coleslaw mix)
- 3/4 cup julienned or shredded carrots
- 1-2 scallions, thinly sliced
- 1/4 cup fresh cilantro, roughly chopped
- 1 1/2 tablespoons avocado oil or olive oil
- 1 1/2 tablespoons coconut aminos (or 2 teaspoons tamari)
- 2 teaspoons raw apple cider vinegar
- Juice and zest of 1/2 lime
- 1/4 teaspoon fish sauce (optional)
- 1 teaspoon grated fresh ginger
- 1 large garlic clove, peeled and grated

Sriracha Mayo:

- 1/4 cup mayonnaise
- 1-2 tablespoons Sriracha sauce, or to taste
- Squeeze of lemon

**You can use pre-cooked salmon. If patties don't hold together well, add 1 more egg.*

Directions:

Combine the salmon, lemon juice, lemon zest, shallot, scallions, salt, pepper, egg, and 1/4 cup almond flour in a large bowl and mix well. If the mixture is too wet, add additional almond flour 1 tablespoon at a time.

1

2

Preheat the air fryer to 350F.

3

Form mixture into 4-8 patties depending on the size of your air fryer basket. Patties easily fall apart until they are cooked so handle with care.

4

Spray the air fryer basket with cooking spray. Carefully lay the burgers in the air fryer basket and spray the tops with cooking spray. Cook for 5-6 minutes on each side or until cooked through, spraying the tops of the patties again after they've been flipped to the second side.

5

Meanwhile, combine the cabbage, carrots, scallions, and cilantro in a large bowl.

6

In a separate bowl, whisk together the oil, coconut aminos, apple cider vinegar, lime juice and zest, fish sauce (if using), ginger and garlic. Taste and season with salt and pepper to taste.

7

Pour dressing over the vegetables and toss to coat. In a small bowl, whisk together the Sriracha sauce, mayonnaise and lemon juice.

8

Divide slaw among 4 plates and serve with 1-2 patties on the side topped with Sriracha mayo.



@therealfooddietitians

@therealfooddietitians

@therealfoodrds