

SALMON BURGERS WITH LEMON GARLIC GREEN BEANS AND QUINOA

Serves 2 | Prep Time: 20 mins | Cook Time: 20 mins

Adapted from: <https://marisamoore.com/baked-salmon-cakes/>

INGREDIENTS

- 1 tbsp olive oil
- 2 tbsp lemon juice
- 2 gloves garlic, finely minced
- 1 tbsp fresh or dried dill, chopped
- 1 tbsp fresh or dried parsley, chopped
- Salt and pepper to taste
- 6-8oz canned salmon (1 can or 170g-213g)
- 1 egg, lightly beaten
- 1 tbsp Dijon mustard
- ½ cup panko bread crumbs
- 1 lb (2-3 cups) fresh green beans, trimmed
- ½ cup quinoa

DIRECTIONS

1. Preheat oven to 425 °F. Line a large rimmed baking sheet with parchment paper and set aside.
2. Make the sauce by whisking together the oil, lemon juice, garlic, dill, parsley, salt, and pepper in a small bowl.
3. In a separate bowl mix the canned salmon, egg, mustard, breadcrumbs, and half the sauce.
4. Divide the salmon mixture into 4 equal parts and shape into patty form.
5. Drizzle the green beans with the remaining half of the sauce. Spread evenly into a thin layer on the pan with the formed salmon patties.
6. Bake salmon patties and green beans at 425 °F for 15-20 minutes.
7. Meanwhile, rinse quinoa in a strainer for 30 seconds. Add quinoa to a pot with 1 cup water and bring to a gentle simmer. Cook uncovered until all the water has been absorbed (10-20 mins).

SHOPPING LIST

1 can canned salmon

1 lb (2-3 cups) green beans

1 egg

Quinoa

Breadcrumbs

Lemon juice

Garlic

Olive oil

Dijon mustard

Fresh or dried dill

Fresh or dried parsley