

# Main Course

## Salmon Patties

Quick to make, very nutritious and quite delicious! That pretty much sums up these salmon patties. Try experimenting with making a sauce to complement these or incorporate in different herbs and spices. This is a great dish to make with leftover fresh, cooked salmon too. This recipe is designed to taste so add amounts to meet your liking.

### You'll Need

- 14.5 ounce Can of Salmon
- Salt and Pepper
- EVOO (Extra Virgin Olive Oil)
- White Wine Vinegar
- Oregano
- Cayenne
- 1 egg
- Lemon Slice



### Directions

- Drain salmon. Flip can over into bowl and lift can. Remove skin and bones from salmon.
- Add egg. Add EVOO (approximately ½ to 1 tablespoon) and about 1/2 as much white wine vinegar. Add oregano, cayenne, salt and pepper. Mix together.
- Take mixture and form "hockey puck" sized patties and place on paper towel. If patty falls apart, squeeze excess water out of it and form patty again. Place a paper towel over the patties and pat them dry.
- Add EVOO to frying pan, just enough to coat the bottom and turn the stove to Medium/Medium high. Let the pan heat up.
- Once the pan has heated, add patties. Turn them once the bottoms have browned. Cook until both sides browned.
- Squeeze a lemon slice on patties once they are finished.

### Play With Your Food

- Add breadcrumbs
- Change up the spices

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