

Bite Spoon

Canned Salmon Patties – Quick & Easy Snack

15 min Prep time	**15 min** Cook time	**30 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 1 (14-oz) can salmon, drained and flaked
- [ ] 1/2 cup all-purpose flour
- [ ] 1 large egg, lightly beaten
- [ ] 2 tbsp fresh parsley, finely chopped
- [ ] 1 tsp lemon zest
- [ ] 1/2 tsp smoked paprika
- [ ] Salt and pepper to taste
- [ ] 3 tbsp butter, divided

Optional Accompaniments

- [ ] Lemon wedges
- [ ] Plain Greek yogurt mixed with a splash of lemon
- [ ] Simple mixed greens salad

Instructions

1. Drain the canned salmon well, then flake it into a bowl. Pat it dry with paper towels to remove excess moisture.
2. In a separate bowl whisk the egg, then stir in flour, parsley, lemon zest, smoked paprika, salt, and pepper until just combined.
3. Fold the flaked salmon into the batter, being careful not to over-mix; the mixture should hold together when formed into patties.
4. Heat 1½ tbsp butter in a skillet over medium-high heat until foamy. Shape the mixture into four equal patties and gently place them in the pan.
5. Cook 3-4 minutes per side, pressing lightly with a spatula, until each side is a deep golden brown. Add the remaining butter at the end to finish the crust.
6. Transfer the patties to a paper-towel-lined plate, let them rest a minute, then serve with lemon wedges or a quick yogurt dip.

Nutrition per serving

310 kcal	22 g	12 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the mixture feels too loose, add an extra tablespoon of flour.
- For extra flavor, drizzle a touch of quick marinades over the patties before serving.
- A pinch of fresh dill at the end adds a bright finish.