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Salmon Burgers with Lemon-Honey Mustard Sauce*
Intermediate Lifestyle

Ingredients: For Burgers

- 2 TSP freshly chopped parsley leaves
- 1/2 Vidalia onion, diced
- 2 eggs
- 1/2 cup panko bread crumbs
- 1/2 TSP cracked black pepper
- 1 TSP kosher salt
- 1 lemon, zested
- 4 TBS Lemon Honey Mustard, recipe follows
- 2 (6-1/2-ounce) cans Alaska skinless and boneless pink salmon, drained well
- 2 TBS canola oil

For Lemon-Honey Mustard

- 1/4 cup Dijon mustard
- 1 heaping tablespoon honey
- 1 tablespoon fresh orange juice
- 1/2 teaspoon lemon zest
- 1 teaspoon fresh lemon juice
- Salt and freshly ground black pepper

Instructions

1. Preheat oven to 400° F.
2. In medium bowl, combine, parsley, onions, eggs, panko, black pepper, salt, lemon zest and lemon honey mustard together.
3. Add drained salmon and mix well together. Make 4 patties and set aside.
4. In a large skillet on medium, heat 2 TBS of oil. Place burgers in skillet. Cook over medium heat until browned. Turn and brown other side. Place in oven for 3 to 4 minutes. Serve with additional honey mustard sauce on top.

Instructions for Lemon-Honey Mustard

Whisk together in a small bowl the mustard, honey, orange juice, lemon zest, lemon juice and season with salt and pepper. Cover and refrigerate for at least 30 minutes and up to 24 hours to allow the flavors to meld.

Portion-Per-Serving Information (Yields 4 servings)

Serving = 1 salmon burger + 1 additional TBS of Lemon-Honey Mustard on top = 1 P

*www.gourmetkoshercooking.com