

Wild Sockeye Salmon & Black Bean Burgers

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Prince William Sound Salmon and Black Bean Burgers

Ingredients

- 1 1/2 lbs Prince William Sound Sockeye
- 1/4 Cup green onion chopped
- 1/2 Cup fresh corn
- 1/2 Cup zucchini diced fine or grated
- 1/2 Cup cilantro chopped
- 1/2 Cup panko bread crumbs
- 1 Can black beans
- 1 Avocado
- 1 Egg
- 1 tsp cumin
- 1/2 tsp coriander
- 2 tsp chili powder
- 1/2 tsp sea salt
- Juice of 1/2 lime
- Olive oil

Instructions

- Cut salmon into 1/4" cubes
- In a large container with a lid, combine the salmon, corn, zucchini, cilantro and 1/2 of the black beans
- In a food processor combine 1/2 the black beans, 1/2 avocado, juice of half a lime and pulse well
- Add egg and the spices, pulse until blended
- Add the processed mixture to the salmon mixture and stir well
- Refrigerate for 2 hours
- On a large plate lay out bread crumbs
- Form the mixture into patties of desired size and coat in breadcrumbs
- Heat a large pan with a small amount of oil
- Fry patties over medium heat for 4-5 minutes on each side
- Turn patties only once to avoid breaking
- Serve as a burger, meatballs or as lettuce wrap filling

