

Wild Sockeye & Black Bean Burger

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Wild Sockeye & Black Bean Burger

Ingredients

- 1 ½ lbs Prince William Sound Sockeye salmon
- ¼ cup green onion, chopped
- ½ cup fresh corn
- ½ cup zucchini, diced fine or grated
- ½ cup cilantro, chopped
- ½ cup panko bread crumbs
- 1 can black beans, rinsed & drained
- 1 avocado
- 1 egg
- 1 tsp cumin
- ½ tsp coriander
- 2 tsp chili powder
- salt & pepper to taste
- juice of ½ lime
- olive oil

Instructions

- Cut salmon into ¼" cubes
- In a large container with a lid, combine the salmon, corn, zucchini, cilantro and ½ of the black beans
- In a food processor combine ½ of the black beans, ½ 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



PRINCE WILLIAM SOUND

WILD ALASKA SOCKEYE

www.SoundSalmon.org

**According to FDA food safety guidelines raw seafood should be frozen at -4°F or below for 7 days prior to consumption*