

Fody's Low FODMAP Salsa Salmon Burgers

Prep: 10 Min

Cook: 15 Min

Makes 3 burgers; 3 servings

Ingredients:

- 1-pound fresh salmon filet, skinned
- 1/2 cup low FODMAP fresh breadcrumbs
- 1 tablespoon fresh cilantro leaves
- 1 tablespoons chopped scallion greens
- 2 tablespoons Fody Garlic-Infused Low FODMAP Olive Oil, divided
- ¼ cup (60 g) Fody Salsa, either Mild or Medium, plus additional
- Kosher salt
- Freshly ground black pepper
- 1/2 tablespoon unsalted butter

Directions:

1. Divide the salmon in half.
2. Finely chop half of the salmon and place in a mixing bowl with the breadcrumbs.
3. Cut the remaining salmon in large chunks and place in a food processor bowl fitted with a metal blade.
4. Add the cilantro and scallion greens
5. Pulse on and off until it forms a paste.
6. Scrape this salmon mixture into the bowl with the finely chopped salmon,
7. Add 1/2 tablespoon oil, 1/8 cup salsa and fold everything together well.
8. Season with a little salt and a generous amount of black pepper.
9. Form into 3 patties; the patties might be a bit loose, but they should hold together.
10. Melt butter and reserved oil in a large nonstick skillet over medium heat.
11. Add the salmon burgers, allowing space so that they do not crowd the pan.
12. Cook over medium heat for about 3 minutes or until golden on the bottom.
You should be able to see from the side that the burgers are getting cooked through.
13. Flip and cook until second side is browned.
You can cook them until well done, in which case they should be opaque throughout, or leave them a little bit rare in the middle.
14. Allow burgers to rest for a couple of minutes before serving.
15. Top extra salsa.