

# ASIAN SALMON BURGERS

## WASABE SAUCE INGREDIENTS

- 2 T Soy sauce (reduced-sodium) **OR** Tamari (low salt) **OR** Coconut Aminos (no soy & less salt)
- 1 1/2 T Wasabi powder
- 1/2 t Honey

## SALMON INGREDIENTS

- 1 lb Salmon fillet (skinned)
- 2 Scallions (finely chopped)
- 1 Egg (lightly beaten) **OR** 1/4 C egg substitute
- 2 T Ginger (fresh) (peeled) (minced)
- 1 t Sesame oil (toasted)
- Non-stick cooking spray



## DIRECTIONS

- 1 Whisk soy sauce **OR** substitute, wasabi powder & honey in a small bowl until smooth & set it aside
- 2 Chop salmon into 1/4 inch pieces using quick, even straight up & down motions with your knife
- 3 Place the salmon in a large bowl & add scallions, egg, ginger & oil then stir to combine
- 4 The mix will be moist & loose but holds well one the first side is cooked
- 5 Form the mix into 4 patties & spray your skillet with the non-stick cooking spray.
- 6 Heat the skillet for 1 minute & then add the burgers & cook for 4 minutes
- 7 Flip the patties & continue to cook until firm & you smell the asian flavor
- 8 Spoon the reserved wasabi glaze evenly over the burgers & cook for 15 seconds more.
- 9 Serve immediately.

## NOTE

- 1 When you cut the salmon don't move your knife back & forth thru the fish or it will turn mushy
- 2 You can also use the Kosher Wasabi Sauces pictured below instead the sauce recipe on this page
- 3 Serves 4

