

Spicy Salmon Cakes with Yogurt & Crunchy Veggie-Cilantro Salad



30 minutes | 2 servings

Find cookware

[can opener](#)
[chef's knife](#)
[citrus juicer \(optional\)](#)
[cutting board](#)
[grater \(optional\)](#)
[measuring cups](#)
[measuring spoons](#)
[mixing bowls](#)
[nonstick skillet](#)
[spatula](#)
[stirring spoon](#)
[tongs](#)
[whisk or fork](#)

Grab ingredients

½	avocado
½ small bunch	cilantro
2	eggs
½	English cucumber
1	lime
⅓ cup	plain Greek yogurt
1	red bell pepper
1	shallot
2 (7.5 oz) cans	wild pink salmon, traditional style
	all-purpose flour
	black pepper
	cayenne pepper
	crushed red pepper
	extra virgin olive oil
	salt

Cook & enjoy

- 1 Drain salmon, place in a medium bowl, and flake with a fork.
2 (7.5 oz) cans wild pink salmon, traditional style
- 2 Peel and mince shallot; add to the bowl with the salmon.
1 shallot
- 3 Add eggs, flour, and spices to the bowl; stir until well combined.
2 eggs
2 tbsp all-purpose flour
½ tsp salt
½ tsp cayenne pepper
⅛ tsp black pepper
- 4 Preheat a skillet over medium-high heat.
- 5 Meanwhile, using a ¼-cup measure, form the salmon mixture into ½-inch thick patties; place on a plate.
- 6 Once the skillet is hot, add oil and swirl to coat the bottom. Add fritters and cook until golden brown and crispy, 3-4 minutes per side; transfer to a paper towel-lined plate.
1 tbsp extra virgin olive oil
- 7 While the patties are cooking, wash and dry the fresh produce.
1 lime
1 red bell pepper
½ English cucumber
½ small bunch cilantro
½ avocado
- 8 Zest and juice lime into another medium bowl.

- 9 Add oil and spices to the bowl with the lime; whisk to combine the dressing.
2 tsp extra virgin olive oil
1/4 tsp salt
1/4 tsp crushed red pepper
1/8 tsp black pepper
- 10 Trim, seed, and slice bell pepper into thin strips; add to the bowl with the dressing.
- 11 Trim cucumber, cut crosswise into 3-inch portions, then cut each portion lengthwise into thin sticks. Add to the bowl.
- 12 Shave cilantro leaves off the stems; discard stems and mince the leaves. Add to the bowl.
- 13 Halve and pit avocado. Slice thinly while still in skin, then scoop out into the bowl. Gently toss to combine the salad.
- 14 To serve, divide salmon cakes and salad between plates; top salmon cakes with yogurt. Enjoy!
1/6 cup plain Greek yogurt