

Food Babe's Salmon Cakes with Avocado Arugula Salad



| Prep Time: | Cook Time: | Total Time: | Serves: |
|------------|------------|-------------|---------|
| 10 mins | 15 mins | 25 mins | 4 |

<https://foodbabe.com/wild-salmon-cakes-with-avocado-arugula-salad>

Salmon Cake Ingredients:

- 1 pound wild salmon, skin removed, chopped
- 1 handful fresh cilantro
- 1 handful fresh parsley
- 1 egg
- 1 tablespoon dijon mustard
- ¼ teaspoon garlic powder
- ¼ teaspoon paprika
- ¼ teaspoon sea salt
- 2 tablespoons red onions, chopped
- fresh ground pepper, to taste
- ½ lime, juiced

Salad Ingredients:

- 8 cups arugula
- 1 avocado
- ½ lime, juiced
- 1 cup cherry tomatoes
- sea salt and ground pepper, to taste

Instructions:

1. Preheat oven to 400° F or preheat grill.
2. Toss all cake ingredients into a blender or food processor and pulse until well combined (don't over process, you still want texture and medium size pieces).
3. Form mixture into 1 patty per serving, refrigerate while making salad and while grill/oven is still warming.
4. In a large bowl, put the juice of half a lime, a pinch of sea salt and cracked pepper and 1 ripe avocado in a bowl, and mash/stir until well combined.
5. Throw arugula on top of dressing and massage it with your hands, making sure all leaves are covered.
6. Chop some cherry tomatoes to top salad.
7. Spray salmon patties with a little bit of cooking spray (olive or coconut) and cook salmon patties anywhere between 5-10 mins on the grill or 7-15 minutes in the oven – the cooking time varies quite a bit between grill and oven, but they are fast to cook, so don't let them overcook or burn.
8. Plate salad, and top with cakes.

Notes:

- Please choose all organic ingredients if possible.