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Everyday Beast: Grilled Salmon Burger

Ingredients

1 lb. wild Atlantic salmon
1/2 cup panko bread crumbs
30 g grated parmesan cheese
1 tbsp olive oil
Salt and pepper for seasoning
3 multigrain hamburger buns

Condiments

Dijon mustard
1-2 handfuls of arugula
Sliced tomato
Sliced red onion

Directions

1. Preheat the grill or warm a grill pan on medium-high heat on the stove.
2. Place the salmon in a food processor and pulse to chop to a consistency of ground chicken or ground beef. Do not blend the salmon or it will end up as a paste.
3. Scoop the salmon into a large bowl and add the panko bread crumbs, grated parmesan, and olive oil. Mix to combine.
4. Divide the mixture into three even portions and form into patties. Season with salt and pepper and place on grill. Cook 3-4 minutes per side, making sure the salmon is golden brown before you flip it over.
5. To make the burgers, open a multigrain bun and layer the bottom half with Dijon mustard, arugula, cooked salmon patty, onion, and tomato. Top with additional arugula and mustard before covering with top half of bun.