

# Blackened Salmon Burgers with Herb Cream Cheese

## INGREDIENTS

1 pound wild caught salmon skin removed  
1/3 cup Italian bread crumbs  
2 tablespoons fresh grated Parmesan  
1 tablespoon olive oil plus more for cooking  
2 tablespoons dark brown sugar  
1 tablespoon paprika  
1/2 teaspoon cayenne more or less adjust to your taste  
1/2 teaspoon garlic powder  
1/2 teaspoon salt + pepper  
4 smaller bagels or brioche burger buns toasted

## PICKLED ONIONS

1 Red Onion Sliced thin  
1/2 Cup Rice Vinegar  
1 tsp Sugar

## HERBED CREAM CHEESE

8 ounces cream cheese softened  
1/4 cup fresh basil finely chopped  
2 tablespoons fresh dill finely chopped  
2 tablespoons fresh parsley finely chopped  
salt + pepper to taste

## INSTRUCTIONS

Add onion, vinegar and sugar to a bowl and stir until combined. Store in container in fridge for atleast 30 minutes.

Add the salmon with the breadcrumbs, parmesan and olive oil to the bowl of a food processor and pulse until it is finely chopped and similar in size to ground chicken. Alternately, you can chop the salmon very finely with a sharp knife.

Form into 4 equally sized burgers burgers.

In a small bowl, combine the brown sugar, paprika, cayenne, garlic powder, and salt and pepper. Sprinkle both sides of the burgers generously with the seasoning mix.

Heat a skillet over medium-high heat with a 1/4 cup of olive oil. (could also be made on grill with a cast iron skillet on grill grate) Cook burgers on each side until golden, about 3-4 minutes per side.

Spread the bottom half of your toasted buns with the herbed cream cheese (recipe below). Top each bun with a salmon burger and then add your desired toppings.

## HERBED CREAM CHEESE

Add the cream cheese to a mixing bowl and whip with an electric mix until light and fluffy, about 1 minute. Stir in the basil, dill, parsley and a pinch of salt + pepper. This can be made a few days in advance and kept in the fridge. Bring to room temperature before serving.

Recipe adapted from: <https://www.halfbakedharvest.com/blackened-salmon-burgers-herbed-cream-cheese/>

