

FOREST FRESH ALASKA

Salmon Meatballs



PREP TIME
15 minutes

COOK TIME
10 minutes

READY IN
25 minutes



SERVINGS
4-6

OCEAN FOREST
INGREDIENTS

King Salmon

Ingredients

Pint of king salmon, jarred or canned, drained

1 tsp sesame oil

½ tsp chili powder

⅓ cup green onions, chopped

1 tsp ginger

¼ cup crisp rice cereal

1 cup Panko bread crumbs, gluten-free

salt to taste

1 Tbsp olive oil

Steps

- Flake salmon with a fork.
- Add sesame oil, chili powder, green onions, ginger and rice cereal. Mix well.
- Form into balls using a 1 inch stainless steel scoop, squeezing the handle a few times for the balls to shape.
- Salt breadcrumbs in a small bowl.
- Roll salmon meatballs in the breadcrumbs.
- Heat oil in a large skillet over medium high heat. Fry salmon meatballs until crispy on the outside, about 2-3 minutes per side.
- Serve with rice and vegetables.

Notes

These salmon meatballs are a fun twist on salmon patties and are a welcome addition to my family's repertoire of salmon rice bowls. They are crispy on the outside and gooey on the inside. King salmon is delicious, but feel free to substitute other salmon variations. For even more delicious dimension try adding a tablespoon of sesame seeds to the breadcrumb mixture before rolling the salmon meatballs.