

Spicy Keto Salmon Burgers with Lemony Kale

Hands-on 20 minutes Overall 40 minutes

Nutritional values (per serving): Total carbs: 9.9 g, Fiber: 3.7 g, **Net carbs: 6.2 g,**

Protein: 27.1 g, Fat: 21.5 g, Calories: 337 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



Ingredients (makes 4 servings)

Salmon burgers:

- 1 medium zucchini (220 g/ 7.8 oz)
- 420 g salmon, skinned and roughly chopped (14.8 oz) - *option to use tinned salmon without the skin and bones*
- 2 tbsp [coconut aminos](#) (30 ml)
- 1/4 cup chopped cilantro (15 g/ 0.5 oz)
- 1/4 cup chopped parsley (15 g/ 0.5 oz)
- 1 heaped tbsp [coconut flour](#) (12 g/ 0.4 oz)
- juice from 1/2 lime
- 1 small chilli pepper, or to taste (7 g/ 0.2 oz)
- 2 cloves garlic
- 2 spring onions (20 g/ 0.7 oz)

Lemony Kale:

- 150 g of kale (5.3 oz)
- 2 tbsp [extra virgin olive oil](#) (30 ml)
- 1 tbsp [toasted sesame oil](#) (15 ml)
- juice from 1/2 of a lemon
- 1 tbsp of [coconut aminos](#) (15 ml)
- dash of [apple cider vinegar](#) (1/8 tsp)
- salt and pepper to taste
- 1/3 cup [flaked almonds](#) (30 g/ 1.1 oz)

Topping:

- 1/2 cup sauerkraut (71 g/ 2.5 oz)

Instructions

1. Remove the skin from the salmon and chop fine. Remove the stalk and seeds from the chilli and dice.
2. Grate the zucchini. Place in a muslin cloth and squeeze out the

water.

3. Place all the salmon burger ingredients in a food processor and blitz until combined. If too wet add a touch more coconut flour and place in the refrigerator for 20 minutes. The mix should be firm enough to roll into patties (4 large or 8 small) but not too dry.
4. Heat 1 tablespoon of coconut oil or olive oil in a frying pan on a medium heat, 4 minutes per side or until cooked through. Adjust the heat to ensure they don't burn, flipping twice.
5. Mix the dressing ingredients together in cup. Massage the dressing into the kale and allow to rest for 3 - 5 minutes to wilt slightly and let the flavours infuse. Top with flaked almonds.
6. Serve the salmon burgers with fresh sauerkraut and lemony kale. Option to serve with tzatziki or smashed avocado.

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