MEALGenius®

Cajun Salmon Cakes with Avocado-Garlic Aïoli

Active Time: 20 minutes | **Total Time:** 20 minutes | **Serves:** 4

Nutrition Information Per Serving

312.6 calories, 5.59 g carbohydrate, 3.81 g fiber, 1.78 g NET carbs, 20.27 g protein, 24.15 g fat

Ingredients

- 1 tsp Old Bay Seasoning
- 2 can(s) Wild Planet Sockeye Salmon (6 oz)
- 2 Tbsp(s) Primal Kitchen Mayonnaise
- 1 large pasture raised egg
- 2 tsp(s) fresh organic lemon juice
- 1/4 cup(s) organic green onions, sliced
- 1 Tbsp avocado oil
- 1 medium avocado
- 2 clove(s) garlic, minced
- 1 cup organic spinach, finely chopped

Preparation

1. First, prepare aioli. Mash avocado. Combine with mayo, lemon juice and garlic in a small bowl; set aside.
2. Drain salmon. Beat egg.
3. In a medium bowl, combine salmon, egg, onions, spinach and Old Bay.
4. Divide salmon mixture into equal portions, shaping each into 1 1/2-inch-thick patty.
5. Heat oil in a large safe nonstick skillet over medium-high heat.
6. Place patties in pan. Cook 3 minutes on each side or until lightly browned and heated through.
7. Serve salmon with aioli.