



INTRODUCTION

This salmon pattie recipe is a nice treat while camping. It is easy to make and can provide leftovers if you're two people.

It is easy to fry up the salmon patties at your campsite. I suggest preparing the salmon patties beforehand at home and keeping them on ice in your cooler. This will help them hold their shape, while cooking. If you wish, you can make the entire recipe while camping. Just note, that when making the patties, it can be a bit messy. Having a campsite that has washing stations, such as [Waterfowl Lakes](#) can help with the cleanup.

Use the type of fish that you desire. Tuna can be used as a substitute, if you prefer. I use cans of boneless and skinless salmon for easier patty preparation.

It will take approximately one and a half hours including preparing, refrigerating or placing them in your cooler, then frying them up.

I like to use naan bread with garlic and chives to add some taste to my meal. Using vanilla yogurt with lemon juice adds a tasty dipping sauce.

Enjoy!

For more delicious meals, check out my [Pinneapple Chicken Stirfry](#).



SALMON PATTIES



TIME REQUIRED:
1H30



SERVINGS:
4

INGREDIENTS

- ✦ ½ cup whole wheat couscous
- ✦ 1 tbsp lemon juice
- ✦ 1 tsp cumin
- ✦ ½ cup boiling water

- ✦ [2 cans salmon](#)
- ✦ ¼ cup mayo
- ✦ 2 garlic cloves, minced
- ✦ 2 eggs
- ✦ 2 tbsp parsley
- ✦ ½ tsp pepper
- ✦ 2 tbsp vegetable oil

- ✦ 2 pieces [Naan bread](#)
- ✦ 1 cucumber cut up in slices
- ✦ 10 grape tomatoes

Sauce

- ✦ ½ cup vanilla yogourt
- ✦ 2 tbsp lemon juice

DIRECTIONS

1. In a medium bowl, add couscous, lemon juice and cumin.
2. Pour the boiling water into the bowl. Cover the bowl with a plate to allow the couscous to absorb the water for 5 minutes. Stir together to fluff it up.
3. Combine the skinless and boneless salmon, mayonnaise, garlic, eggs, parsley, and pepper. Ensure the egg is completely mixed in and that the salmon is broken up into pieces. You don't want clumps in your salmon patties.
4. Create 2-inch diameter patties. Put them on a plate.
5. Refrigerate/chill for 30 minutes.
6. In a large frying pan, fry up the patties in oil on medium heat. Turn them over once. They should be done frying once they are golden brown on each side.
7. Cut up Naan bread and a cucumber to add on the side. Decorate with tomatoes.

Sauce

1. Mix the yogourt and lemon juice together to create a dipping sauce for your salmon patties and pita.

