

VITALITY

Succulent Seafood

Homemade Salmon Cakes with Shrimp



Ingredients:

- 12 ounces skinless boneless salmon (Fresh or Frozen/ FRESH is Better)
- ½ medium [onion](#), chopped
- ½ cup Almond Flour,
- ¼ cup chopped red pepper
- ¼ cup scallion
- ¼ cup
- 2 [eggs](#), beaten
- 2 tablespoons [unsalted butter](#)
- ¼ cup extra virgin olive oil
- Salt and pepper to taste

Directions:

1. Sauté onions in 1 TBS olive oil until cooked through but not brown.
2. Drain all liquid from the salmon and pat dry with paper towel.
3. Dice Salmon into small cubes (pea size)
4. Combine salmon, sautéed onion, Almond Flour, eggs, salt, and pepper.

5. Form mixture into patties.
6. Make sure the olive oil in the pan is hot enough before frying the salmon patties.
7. Brown salmon patties on both sides (about 4-5 minutes per side).
8. Place cooked patties on a paper towel to absorb excess oil.
9. Sautee shrimp in butter or olive oil
10. Arrange on plate or Platter.