

RECIPE

# Salmon Cakes with Mango Relish

Ready in **20 minutes**

Serves **3 people**

## Ingredients

- 4 teaspoons extra-virgin olive oil
- ¼ cup finely chopped red bell pepper
- 18 ounces wild-caught salmon; canned or fresh
- ¼ cup compliant mayonnaise
- 1 teaspoon ground cumin
- 1 teaspoon minced yellow onion
- 1 teaspoon garlic powder
- 1 teaspoon sweet paprika
- 1 teaspoon dried oregano, crushed
- ¼ teaspoon cayenne pepper (optional)
- Salt & black pepper
- 1 cup diced fresh mango
- 1 cup diced avocado
- ½ cup snipped cilantro
- 1 jalapeno, seeded & finely chopped (optional)
- 1 tablespoon fresh lime juice

## Preparation

1. **Heat 1 teaspoon of the olive oil in a large nonstick skillet over medium heat.** Add the bell pepper and cook, stirring, until tender, 2 - 3 minutes.
2. In a large bowl, combine the bell pepper, salmon, mayo, cumin, yellow onion, garlic powder, paprika, oregano, cayenne (if using), and salt & pepper to taste. Stir until combined. Shape the fish mixture into nine ¼-inch-thick patties, using a scant ¼ cup per patty
3. Add the remaining 3 teaspoons oil to the same skillet and heat over medium heat. Cook the patties, 4 - 5 at a time, in the hot oil, turning once, until browned on both sides, 7 - 9 minutes.
4. Meanwhile, in a medium bowl, combine the mango, avocado, red onion, cilantro, jalapeno (if using), and lime juice.
5. Serve the patties topped with some of the relish.