AMERICAN · LUNCH · DINNER

# Salmon Burgers in Lettuce Wraps with Lemon Dill Yoghurt

30 min · plus 20–30 minutes chilling · Serves 4 · 395 kcal a serve · Video 6:44 · Downshiftology

Pescatarian · Gluten-free ingredients

Each burger has about 31 g protein and plenty of omega-3 fats from the salmon, and with lettuce instead of a bun a serve has about 5 g net carbs.

**Diet notes:** Keto (5.3 g net carbs a serve).

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## Ingredients 24 · SERVES 4

- [ ] 570 g **fresh sockeye salmon**, skin removed (about 450 g flesh)
- [ ] 1 large **egg**, lightly beaten
- [ ] 25 g **almond flour**
- [ ] 2 g roughly chopped **parsley and dill** (half)
- [ ] 2 g roughly chopped **parsley and dill** (half)
- [ ] 3 tbsp finely diced **red onion**
- [ ] 1 **garlic** clove, minced (for the patties)
- [ ] 1 tbsp **Dijon mustard**
- [ ] 1 tbsp **lemon juice** (for the patties)
- [ ] ½ tsp **kosher salt**
- [ ] ¼ tsp **ground black pepper**
- [ ] a few tablespoons of **oil** for frying (about 3 tbsp)
- [ ] 120 g **Greek yoghurt**
- [ ] 1 tbsp **lemon juice** (for the sauce)
- [ ] 1 tbsp **olive oil** (for the sauce)
- [ ] 1 tbsp chopped **parsley** (for the sauce)
- [ ] 1 tbsp chopped **dill** (for the sauce)
- [ ] 1 small **garlic** clove, minced (for the sauce)
- [ ] **salt and pepper** to taste (for the sauce)
- [ ] **butter lettuce leaves**, to wrap (about 2 a burger)
- [ ] sliced **tomato**, to serve
- [ ] sliced **avocado**, to serve (about ½ avocado)
- [ ] thinly sliced **red onion**, to serve
- [ ] **sprouts or microgreens**, to serve (optional)

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

**Contains:** Fish, Egg, Milk, Tree nuts. Check labels on stock, sauces and spice mixes.

## Method TIMES = THE MOMENT IN THE VIDEO

1. Skin the salmon: cut a little flap of skin to hold, then slide a sharp knife between flesh and skin at a slight angle. You want about 450 g of flesh. 0:38
2. Dice the salmon into cubes, then keep chopping by hand until finely chopped with a few chunkier bits — a food processor makes the burgers dense. 1:44
3. Gently mix the salmon with the egg, almond flour, parsley and dill, red onion, garlic, Dijon, lemon juice, salt and pepper until just combined. 2:15
4. Shape into 4 patties on a parchment-lined tray and refrigerate 20–30 minutes so they hold together. 2:56
5. Meanwhile stir the Greek yoghurt with the lemon juice, olive oil, parsley, dill, garlic, salt and pepper and let it rest 10–15 minutes. 3:13
6. Heat the oil in a pan over medium heat and cook the patties 3–4 minutes a side until golden and just cooked through — don't overcook. 3:46
7. Set each burger on a butter lettuce leaf, spread with the lemon dill yoghurt and top with tomato, avocado, red onion and sprouts, then a second leaf. 4:37

> **Tip** Use sockeye, coho or king salmon. Cooked or raw patties freeze for 3 months; cooked ones keep 3–4 days. Grill them only after a longer chill, as they are fragile.

The method is a summary in our words — the video shows every step.

## One serve gives you 1 OF 4 · ESTIMATE

| ENERGY | PROTEIN | CARBOHYDRATE |
|---|---|---|
| **395 kcal**<br>1,650 kJ | **31 g**<br>62% of a day | **8.5 g**<br>5.3 g net · 3.3 g sugars<br>3% of a day |
| **FIBRE** | **FAT** | **SODIUM** |
| **3.2 g**<br>11% of a day | **27 g**<br>4.6 g saturated<br>35% of a day | **500 mg**<br>22% of a day |

**Energy from** net carbs 5% · protein 32% · fat 63% — fits keto: 5.3 g net carbs, 63% of the energy from fat

**High in** (20%+ of a day) Vitamin B12 184% · Vitamin D 77% · Selenium 74% · Omega-3 73% · Vitamin B6 54% · Vitamin K 44% · Vitamin E 34% · Vitamin A 20%

**Source of** (10–19%) Magnesium 17% · Folate 17% · Potassium 16% · Vitamin C 16% · Zinc 12%

**Recipe and video:** Downshiftology (@Downshiftology) on YouTube — youtube.com/watch?v=u3MJ6VIx-O4, published 2 July 2026. All credit for the recipe goes to the cook; please watch and support their channel.

**By Notbroken:** the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/salmon-burgers-lemon-dill-yoghurt