



Salmon Meatballs with Avocado Crema

Serves 4

Ingredients

1 lb. salmon filet, skinned, cut into cubes

1/4 c. Panko breadcrumbs

1/2 tsp. chili powder

2 tbsp. freshly chopped parsley

2 cloves garlic, minced

1 egg

Kosher salt

Freshly ground black pepper

FOR THE AVOCADO CREMA

1 avocado

Juice of 2 limes

1/4 c. sour cream (or yogurt)

1/4 c. basil

2 tbsp. parsley

Directions:

Preheat oven to 350°. Line a large, rimmed baking sheet with parchment paper and coat with cooking spray.

Make salmon meatballs: In the bowl of a food processor, add salmon. Process until finely chopped, then transfer to a large bowl. Add Panko, chili powder, parsley, garlic, and egg and season generously with salt and pepper. Stir to combine, then form into tablespoon-sized meatballs. Place onto baking sheet.

Bake until meatballs are slightly golden and cooked through, 15-17 minutes.

Meanwhile, make avocado crema: In a food processor, add avocado, lime juice, yogurt, basil, and parsley. Season with salt and pepper, then process until smooth. If the sauce is too thick, thin it out with water.

Serve meatballs drizzled with avocado crema and garnish with more parsley.