

## Baked Salmon Meatballs with Creamy Avocado Sauce

Looking for a light yet satisfying meal that doesn't skimp on flavor? These



**OVEN**  
**400°F**

**TIME**  
**30 min**

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### INGREDIENTS

For the Salmon Meatballs:

1 lb fresh salmon fillet, skin removed and finely chopped

1/2 cup breadcrumbs

1 large egg, lightly beaten

2 tablespoons fresh parsley, chopped

1 teaspoon garlic powder

1/2 teaspoon paprika

Salt and pepper to taste

1 tablespoon olive oil (for brushing or cooking)

For the Creamy Avocado Sauce:

1 ripe avocado

1/2 cup crème fraîche (or plain Greek yogurt for a lighter version)

1 tablespoon lemon juice

1 garlic clove, minced

### DIRECTIONS

1. Prepare the Meatball Mixture: Preheat your oven to 400°F (200°C). Line a baking sheet with parchment paper.
2. In a large bowl, mix together finely chopped salmon, breadcrumbs, egg, parsley, garlic powder, paprika, salt, and pepper.
3. Use a tablespoon or cookie scoop to form small, even meatballs and place them on the baking sheet.
4. Lightly brush each meatball with olive oil.
5. Bake the Meatballs: Bake for 15-18 minutes, or until the meatballs are cooked through and lightly golden on the outside.
6. Remove from oven and let rest for a few minutes.
7. Make the Avocado Sauce: While the meatballs are baking, add avocado, crème fraîche, lemon juice, garlic, salt, and pepper to a food processor or blender.
8. Blend until smooth and creamy. Taste and adjust seasoning as needed.
9. Serve: Spoon the avocado sauce into a bowl or drizzle it over the warm salmon meatballs.
10. Garnish with extra parsley or a squeeze of lemon juice for freshness.

### TIPS FOR SUCCESS

Chop the salmon finely or pulse in a food processor for best binding.

For even more flavor, try adding dill, lemon zest, or a touch of Dijon mustard.

Serve these meatballs warm or chilled—they're just as good the next day!

Use coconut yogurt or mayo in the avocado sauce.

