

Oven-Baked Salmon Meatballs + Creamy Avocado Sauce (Perfect for Meal Prep!)

Baked Salmon Meatballs with Creamy Avocado Sauce ??



OVEN
400°F

TIME
30 min

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INGREDIENTS

For the Salmon Meatballs:

1 lb salmon fillet, skin removed and finely chopped

1/2 cup breadcrumbs

1 egg, lightly beaten

2 tbsp fresh parsley, chopped

1 tsp garlic powder

1/2 tsp paprika

Salt and black pepper, to taste

1 tbsp olive oil, for brushing

For the Creamy Avocado Sauce:

1 ripe avocado

1/2 cup sour cream (or Greek yogurt)

1 tbsp lemon juice

1 clove garlic, minced

DIRECTIONS

1. **Preheat & Prep:** Preheat oven to 400°F (200°C). Line a baking sheet with parchment paper or foil and lightly grease it.
2. **Mix the Meatball Mixture:** In a large bowl, combine:
3. Finely chopped salmon
4. Breadcrumbs
5. Beaten egg
6. Parsley
7. Garlic powder
8. Paprika
9. Salt and pepper
10. Mix until just combined—don't overwork it.
11. **Form & Bake:** Shape into 1 1/2-inch balls (about 12-15 total) and place on the prepared baking sheet.
12. Brush lightly with olive oil.
13. Bake for 15-18 minutes, or until cooked through and slightly golden.
14. **Make the Avocado Sauce:** In a blender or food processor, combine:
15. Avocado
16. Sour cream
17. Lemon juice
18. Minced garlic
19. Blend until smooth and creamy. Taste and adjust seasoning as needed.
20. If too thick, add a splash of water or lemon juice.
21. **Serve:** Plate the warm salmon meatballs with a side of avocado sauce or drizzle it over the top.

22. Garnish with extra chopped parsley, lemon zest, or chili flakes for heat.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/oven-baked-salmon-meatballs-creamy-avocado-sauce-perfect-for-meal-prep/>