

## Mediterranean Salmon Patties with Feta and Fresh Herbs

Looking for a light yet satisfying meal that's easy to make and bursting with flavor? These



**OVEN**  
**400°F**

**TIME**  
**20 min**

**METHOD**  
**Air fryer**

**PRINT**  
**Recipe Card**

### INGREDIENTS

For the Patties:

- 2 cans (6 oz each) salmon, drained and flaked
- 1 cup fresh spinach, finely chopped (or  $\frac{1}{2}$  cup thawed, drained frozen spinach)
- $\frac{1}{2}$  cup red onion, finely chopped
- 2 cloves garlic, minced
- $\frac{1}{3}$  cup crumbled feta cheese
- $\frac{1}{2}$  cup breadcrumbs (panko or regular)
- 2 large eggs, beaten
- 2 tbsp fresh parsley, chopped
- 1 tbsp fresh dill (optional)
- 1 tbsp lemon juice
- 1 tsp lemon zest
- 1 tsp dried oregano
- Salt and pepper, to taste

For Frying:

Olive oil

Optional Garnish:

Lemon wedges

Tzatziki sauce

### DIRECTIONS

- 1.** Prepare the Salmon: Drain canned salmon well and remove any bones or skin if desired. Flake with a fork in a large mixing bowl.
- 2.** Sauté the Spinach: Heat a skillet over medium heat. Cook spinach (no oil needed) until wilted-about 2 minutes. Let it cool, then squeeze out any excess moisture.
- 3.** Combine the Ingredients: Add spinach, red onion, garlic, feta, breadcrumbs, eggs, parsley, dill, lemon juice, zest, oregano, salt, and pepper to the salmon. Mix until well combined.
- 4.** Form the Patties: Shape the mixture into 6-8 even patties, about 3 inches wide and  $\frac{1}{2}$  inch thick. Place on a tray while you heat the oil.
- 5.** Fry Until Crispy: Heat a few tablespoons of olive oil in a skillet over medium heat. Fry the patties for 3-4 minutes per side until golden brown and cooked through. Drain on a paper towel-lined plate.
- 6.** Serve: Serve warm with lemon wedges and a side of tzatziki sauce or a green salad.

### SWAPS & NOTES

Made with flaked canned salmon, fresh herbs, feta cheese, and spinach, they're crisp on the outside, tender inside, and loaded with zesty, herby goodness.

Perfect for lunch, dinner, or even meal prep-they're a protein-packed win every time.

Why I Love This Recipe I love a dish that feels indulgent but is actually full of wholesome ingredients.

These salmon patties are nutrient-dense, budget-friendly , and

incredibly versatile.

### TIPS FOR SUCCESS

Drain the spinach well to prevent soggy patties.

Use panko breadcrumbs for extra crunch or almond meal for a gluten-free option.

Chill patties for 15 minutes before frying if your mix feels too soft.

Bake or air fry for a lighter version (400°F for 15 minutes, flipping halfway).

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

Original recipe: <https://chefmaniac.com/mediterranean-salmon-patties-with-feta-and-fresh-herbs/>