

Baked Salmon Meatballs with Creamy Avocado Sauce: Healthy & Flavorful

Elevate your weeknight dinner with these incredibly delicious and healthy



OVEN
375°F

TIME
15-20 min

TEMP
145°F

PRINT
Recipe Card

INGREDIENTS

1 lb fresh salmon, skin and bones removed, finely chopped
1/2 cup breadcrumbs (plain or Panko)
1 large egg
2 cloves garlic, minced
1/4 cup fresh parsley, chopped
1 tablespoon lemon juice (freshly squeezed recommended)
1 teaspoon Dijon mustard
1/2 teaspoon smoked paprika
Salt and black pepper, to taste
1 large avocado, ripe, peeled and pitted
1/4 cup Greek yogurt (plain, full-fat recommended)
1 tablespoon lime juice (freshly squeezed recommended)
1 clove garlic, minced
1 tablespoon fresh cilantro, chopped

DIRECTIONS

1. Let's get these delicious : Baked Salmon Meatballs and Creamy Avocado Sauce prepared!
2. Preheat : Oven & Prep Sheet: Preheat your oven to 375°F (190°C). Line a baking sheet with parchment paper for easy cleanup and to prevent sticking.
3. Prepare : Salmon Meatball Mixture: In a large mixing bowl, combine the 1 lb finely chopped salmon, 1/2 cup breadcrumbs, 1 large egg, 2 cloves minced garlic, 1/4 cup fresh chopped parsley, 1 tablespoon lemon juice, 1 teaspoon Dijon mustard, 1/2 teaspoon smoked paprika, and salt and black pepper to taste. Mix well with your hands or a sturdy spoon until all ingredients are fully incorporated and the mixture is cohesive. Be careful not to overmix.
4. Shape & : Bake Meatballs: Shape the salmon mixture into 1-inch meatballs. Place them evenly spaced on the prepared baking sheet. Bake in the preheated oven for 15-20 minutes, or until the meatballs are firm to the touch, cooked through (internal temperature of 145°F/63°C), and lightly golden.
5. Make the : Creamy Avocado Sauce: While the salmon meatballs are baking, prepare the sauce. In a blender or food processor, combine the 1 large ripe avocado (peeled and pitted), 1/4 cup Greek yogurt, 1 tablespoon lime juice, 1 clove minced garlic, 1 tablespoon fresh chopped cilantro, and salt and pepper to taste. Blend (or process) until the mixture becomes completely smooth and creamy. If it's too thick, you can add a tiny splash of water or more lime juice.
6. Serve: Serve the baked salmon meatballs hot, either drizzled generously with the creamy avocado sauce, or serve the sauce on the side as a dip for the

meatballs.

SWAPS & NOTES

Ensure skin and bones are completely removed.

Finely chopping it allows for better binding and texture.

Do not use canned salmon for this recipe.

Breadcrumbs: Plain breadcrumbs or Panko breadcrumbs both work well.

TIPS FOR SUCCESS

Finely Chop Salmon: Chopping the salmon finely (rather than processing to a paste) helps maintain a good texture in the meatballs.

Don't Overmix Meatballs: Mix just until combined to keep the meatballs tender.

Pat Dry (Optional for Salmon): If your salmon seems very wet, gently pat it dry before chopping to help with binding.

Don't Overcook Meatballs: Salmon cooks quickly.

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

Original recipe: <https://chefmaniac.com/baked-salmon-meatballs-with-creamy-avocado-sauce-healthy-flavorful/>