

Crispy Baked Salmon Meatballs with Creamy Avocado Sauce (Easy & Healthy!)

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OVEN
400°F

TIME
15 min

TEMP
145°F

METHOD
Air fryer

INGREDIENTS

For the Salmon Meatballs:

Salmon Fillet (1 lb): Skin removed and finely chopped (chopped) by hand or pulsed briefly in a food processor.

Breadcrumbs (1/2 cup): Use Panko for extra crunch or gluten-free crumbs if needed.

Egg (1 large): Lightly beaten to act as the primary binder.

Fresh Parsley (2 tbsp): Finely chopped for a pop of color and freshness.

Garlic Powder (1 tsp): For savory depth.

Paprika (1/2 tsp): Adds a subtle smokiness and beautiful golden hue.

Salt & Pepper: To taste.

Olive Oil (1 tbsp): For greasing the pan or lightly brushing the tops.

For the Creamy Avocado Sauce:

Ripe Avocado (1): Should be soft to the touch for a smooth texture.

Cream Fraiche (1/4 cup): Adds a sophisticated tang (sour cream or Greek yogurt also work).

Lemon Juice (1 tbsp): Brightens the sauce and prevents the avocado from browning.

Garlic (1 clove): Minced or pressed.

DIRECTIONS

- Prep the : Salmon:** Start by removing the skin from your salmon fillet. Use a sharp knife to finely chop the salmon until it reaches a ground meat consistency. Avoid over-processing if using a machine; you want small chunks, not a paste.
- Mix the : Base:** In a large mixing bowl, combine the chopped salmon, breadcrumbs, beaten egg, parsley, garlic powder, paprika, salt, and pepper.
- Form the : Meatballs:** Preheat your oven to 400°F (200°C). Line a baking sheet with parchment paper. Scoop about 2 tablespoons of the mixture and roll into a ball (roughly the size of a golf ball). You should get 12-14 meatballs.
- Bake:** Arrange the meatballs on the baking sheet. Lightly brush or spray with olive oil. Bake for 12-15 minutes until the internal temperature reaches 145°F and the outsides are golden brown.
- Make the : Sauce:** While the salmon is baking, place the avocado, cream fraiche, lemon juice, and garlic in a blender or food processor. Blend until completely smooth. Season with salt and pepper.
- Serve:** Plate the warm meatballs and drizzle with the avocado sauce, or serve the sauce on the side for dipping.

SWAPS & NOTES

The Salmon: You can use fresh or frozen (thawed) salmon.

If you're in a pinch, high-quality canned salmon works, though the texture will be slightly different.

The Binder: If you want a lower-carb option, replace the breadcrumbs with almond flour.

The Sauce: If you prefer a dairy-free sauce, swap the crême fraîche for a splash of coconut milk or extra lemon juice and olive oil.

TIPS FOR SUCCESS

Chilling helps: If you find the mixture too soft to roll, pop it in the fridge for 20 minutes before forming the balls.

Don't Overbake: Salmon cooks quickly!

Start checking them at the 10-minute mark to ensure they stay juicy.

Wet Hands: To prevent the salmon mixture from sticking to your palms while rolling, lightly dampen your hands with water.

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

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