



Back Country Salmon Flatbread Wraps

Fire roasted handheld wraps with crusty salmon burgers & chilled veggies

Special Heart Stars – Salmon and Flaxseeds

- 1/2 Tablespoon ground flaxseeds
- 1-1/2 Tablespoons water
- 6 ounces fresh Verlasso uncooked boneless, skinless salmon
- 1 Tablespoon all-purpose flour
- 2 Tablespoons fine chopped sweet red bell pepper
- 2 Tablespoons fresh fine chopped red onion
- 1/2 Tablespoon minced parsley
- 3 Tablespoons Panko breadcrumbs
- 1 teaspoon fresh lemon juice
- Sea salt; ground black pepper to taste
- 1/8 teaspoon ground red pepper, optional
- 4 Tablespoons Panko bread crumbs

1 Tablespoon canola cooking oil
Whipped Cheese Spread (see recipe)
Fresh Garden & Herb Topping (see recipe)
4 Fire Roasted Mini Naan Flatbreads, toasted
Garnish: fresh basil or fresh dill

Prepare Salmon Burgers:

In a small bowl, stir ground flaxseed and water; set aside for 5 minutes.

In food processor, fine chop salmon until ground meat consistency.
In large bowl, combine ground salmon, flaxseed mixture, flour, sweet bell pepper, onion, parsley, breadcrumbs, and lemon juice. Season as desired with salt, pepper, and ground red pepper to taste.

For small slider size burgers, use 1/4 cup salmon mixture to form each burger and flatten lightly to slider size. Coat each burger on both sides with Panko bread crumbs.

Heat cooking oil in 10-inch frying pan on medium heat.
Add burgers; cook for about 1-1/2 to 2 minutes per side or golden brown.
Remove from heat; set aside to stay warm.

'Recipe Inspired by: <https://www.patagoniaprovisions.com/blogs/recipes>

Whipped Cheese Spread:

3/4 cup ricotta cheese
1/4 teaspoon sea salt or to taste

In a small mixing bowl, beat cheese and salt until consistency of smooth whipped spread. Set aside in refrigerator until serving.

Fresh Garden and Herb Topping:

1/2 cup cherry tomatoes, halved
1 mini cucumber, sliced (about 1/2 cup)
2 mini multi colored sweet peppers, seeded, chopped
1 green onion, sliced
1 Tablespoon olive oil

1/2 teaspoon sumac spice

Sea salt and ground black pepper to taste

Fresh mint leaves, basil leaves, or chopped dill as desired

In a medium sized bowl, combine tomato halves, sliced mini cucumbers, sweet peppers, and green onion. Toss with olive oil; season with sumac, salt, and black pepper. Add tiny mint leaves and fresh dill

To Serve: For each wrap: Toast 1 flatbread, spread dollop of whipped cheese spread; top with 1 salmon burger; spoon Garden Topping over wrap. Garnish with mint leaves, basil, or dill. Prepare remaining wraps.
Yield: 4 snack size salmon wraps

About the Recipe: Imagine yourself camping out in the wilderness. Fire toasted warm wraps with creamy spread hold a crusty salmon baby burger that is topped with chilled fresh garden veggies and herbs. What a delight! The best thing is that you can purchase those mini flatbreads, make all the parts separately, and then just put them together. Inside or outside, it is a delicious simple snack or supper.