

STARTER & SNACK

Salmon Beignets With Red Pepper Rémoulade

1 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
37 min	25 min	12 min	25	\$0.58	115 kcal

Salmon Beignets With Red Pepper Rémoulade requires approximately 37 minutes from start to finish. For 58 cents per serving, this recipe covers 5% of your daily requirements of vitamins and minerals. One serving contains 156 calories, 6g of protein, and 9g of fat. This recipe serves 25.

Ingredients

☐ 2 cups all-purpose baking mix	☐ 2 large eggs
☐ 2 garlic cloves, minced	☐ ¼ cup finely chopped green onions (about 3 green onions)
☐ ½ teaspoon ground red pepper	☐ ¾ cup milk
☐ 25 servings Red Pepper Rémoulade	☐ 1 pound skinless salmon fillets
☐ ½ teaspoon salt	☐ ½ cup finely chopped sweet onion
☐ 1 tablespoon vegetable oil	☐ 2 cups vegetable oil

EQUIPMENT Bowl, Frying pan, Paper towels, Oven, Whisk, Wire rack

Method

- 1

Saut first 5 ingredients in 1 Tbsp. hot oil in a medium skillet over medium heat 3 minutes or until onion is tender.

- 2 Place onion mixture in a bowl.
- 3 Add salmon to skillet; cook, covered, 9 minutes or until almost done.
- 4 Remove to a plate, and let stand 20 minutes. Flake salmon; stir into onion mixture.
- 5 Whisk together baking mix, eggs, and milk in a large bowl just until blended; stir in salmon mixture.
- 6 Drop salmon mixture by tablespoonfuls into hot oil in a large skillet over medium-high heat. Fry, in batches, 2 minutes on each side or until golden.
- 7 Drain on paper towels. Keep warm on a wire rack in a jelly-roll pan in a 200 oven.
- 8 Serve with Red Pepper Remoulade.

Nutrition per serving

115	5 g	7 g	7 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			1.4 g · 9% of daily needs
Fibre			0.3 g · 1% of daily needs
Sugar			1.7 g · 2% of daily needs
Sodium			186 mg · 8% of daily needs
Cholesterol			25.9 mg · 9% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/salmon-beignets-with-red-pepper-remoulade-146903