



Recipes

Fish

Almond Crusted Salmon

Prep and Cook Time: 25 minutes

Yield: 2 servings

Ingredients:

1/2 cup toasted unsalted almonds
2 tablespoons chopped fresh parsley
2 6-ounce skin-on wild salmon fillets
1 teaspoon sea salt
1/2 teaspoon freshly ground black pepper
2 tablespoons coconut oil
Juice of 1 lemon

Directions:

1. Combine almonds, lemon juice, and parsley in a food processor and pulse until finely ground. Spread it out on a large plate.
2. Pat salmon fillets dry with paper towel. Season both sides of fillets with sea salt and black pepper.
3. Put fillets down, flesh side down, on the almond mixture. Press down so mixture sticks. Put on a clean plate, skin side down.
4. Heat the coconut oil in a large sauté pan over medium-high heat.
5. Once oil is hot, place fillets skin-side down in the pan. Cook until skin is crispy and golden brown, about 6 minutes.
6. Carefully turn fillets over and cook until the almond crust is golden brown and fish is done as you like.