

Herb Crusted Salmon

Salmon is always in season...
This fabulous and simple dish is sure to be
added to your family menu...

www.ravingrecipes.com.au



Shopping List

Salmon:

- 4 x 175g Salmon fillets skin on
- 3 slices of bread each cut into 4
- 50gms almond meal or pine nuts
- 5 tablespoons fresh parsley chopped
- 1/2 orange finely zested
- 2 tablespoons Toscana Lemon Pressed Olive Oil
- 1/2 teaspoon Pyramid Salt Lemon Salt
- 1 egg yolk

Sides:

- 300g sweet potato sliced into thin wedges and seasoned
- 1 egg yolk
- 200ml olive oil
- 1 tsp lemon juice
- pinch Pyramid Salt Lemon Salt

Method

Salmon:

Place bread, nuts, herbs and zest into a food processor. Blend to a fine crumb. Add olive oil and blend quickly just to mix it through. Rub the salt over the salmon and coat the skin side with the egg yolk. With a light hand press the breadcrumbs onto the skin side of the salmon. Bake in a preheated oven 200C for 10-15 minutes, until the fish is opaque and the crumbs are crisp.

Sides:

Bake sweet potato on baking paper 200C for 20 minutes. Place egg yolk, salt and lemon juice in a large mug. Blend with a stick blender while drizzling in the oil slowly. Blend until mayonnaise thickens. Place in the refrigerator until required.