

# Walnut crusted salmon

Serves 2-3

20 mins

1 main ingredient

What you'll need

## Main ingredients

Salmon fillets

## Fresh/ frozen

Zest and juice of ½ lemon

1 tbsp finely chopped dill, or ½ tbsp dried

## Store cupboard

½ cup walnuts

Dijon mustard, about 1 tsp per fillet

½ tsp garlic granules

¼ tsp black pepper

Olive oil, ½ tbsp

What to do

1. Preheat the oven to 200°C.
2. Place walnuts in a food processor; coarsely chop/ pulse (proceed with caution if using a nutribullet, it will make walnut flour of your walnuts in split seconds, resulting in more of a paste than a crust - like mine). Add lemon zest, olive oil, dill, garlic granules and pepper; pulse until crumbly. Mixture should be crumbly and stick together slightly. Set aside.
3. Arrange salmon fillets skin side down on a lined baking sheet. Spread Dijon mustard over the top.
4. Evenly distribute walnut mixture over each fillet; gently pressing the mixture into the surface of the fish.
5. Bake for 12-16 minutes, or until salmon flakes with a fork. You may need to increase the cooking time depending on the thickness of the fish fillet. Garnish with freshly chopped chives, parsley or dill. Serve with your favourite green/ leafy side.

## Notes & tips

- You may want to pop the fillets under the grill for a minute or two, to get the top even crispier

- Recipe inspiration came from a recipe by Elysia, on Haute & healthy living:

<https://www.hauteandhealthyliving.com/walnut-crust-salmon/>