



Pistachio Crusted Honey Mustard Salmon

Light and healthy this Pistachio Crusted Salmon is a flavor filled meal that you can have on the table in under 30 min. Fresh buttery, rich tasting salmon is topped with a sweet and spicy honey mustard sauce and finished off with a crunchy topping of panko and chopped pistachios.

Ingredients

2 salmon fillets approx. 4-6 oz. each ,skin on
(wild King or your favorite variety)

Salt and pepper to taste

½ lemon juiced

1/4 tsp lemon zest

1 Tbsp course grain mustard or Dijon

1 Tbsp honey

¼ cup pistachio nuts shelled

2 Tbsp panko bread crumbs

1 Tbsp olive oil or avocado oil

Instructions

Preheat oven to 375F

Rinse salmon and pat dry with paper towel. Arrange salmon on a foil (or parchment paper) lined baking sheet, skin side down. Sprinkle salt and pepper to taste.

In a small bowl, combine lemon juice, lemon zest, mustard and honey. Spoon mixture and spread evenly over top of each salmon fillet.

Coarsely chop pistachios in a food processor (or with a knife) and combine with panko and olive oil. Spread pistachio mixture on top of salmon, pressing lightly to adhere.

Bake until salmon is cooked through to your liking and pistachios are golden brown, approx. 15-20 min. Let salmon rest 5 min.(outside of oven) before serving (Salmon will continue to cook during this time so keep this in mind when removing salmon from oven) .