

Andrea's Honey Nut Coated Salmon

Ingredients:

3 tbsp chopped pecans
3 tbsp honey
3 tbsp pure maple syrup
2 tsp butter
1/2 tsp Dijon mustard
4 4oz skinless salmon fillet portions
Chopped fresh coriander or parsley to garnish

Directions:

Preheat oven to 425F. Spray a rimmed baking sheet with cooking spray.

In a small non-stick frying pan set over medium-high heat, toast pecans for 3 minutes until lightly browned and fragrant. Stir in honey, maple syrup, and butter. Reduce heat to simmer, cook for 3 minutes until slightly thickened. Remove from heat, whisk in mustard. Cool slightly.

Place salmon on prepared baking sheet. Pour half of the pecan mixture evenly over salmon.

Cook salmon until it becomes flaky, approximately 30-35 minutes.

Serve salmon with remaining pecan mixture and garnish with coriander.

TIP:

You can also grill the fish and cook sauce separately if you like. Bring the sauce to a boil, then simmer for 3 minutes until slightly thickened.