

Recipe: Almond Crusted Salmon with Caramelized Onions and Basil

PREPARATION TIME

Almond Crusted Salmon with Caramelized Onions and Basil

20
minutes

INGREDIENTS

INSTRUCTIONS

COOKING TIME

45
minutes

SERVINGS

4
people

1/2 tablespoon butter
 2 tablespoon extra virgin olive oil
 Salt and pepper, to taste
 1/2 teaspoon lime juice
 1/2 cup almond meal
 4 teaspoons honey mustard
 4 skinless salmon fillets,
 skin removed
 1/4 cup thinly sliced green onions
 1/4 cup basil leaves
 1 sweet onion, thinly sliced

Heat butter and 1/2 tablespoon of the oil in a large skillet over medium low heat. Add onion, salt and pepper and cook, stirring occasionally, until golden brown and caramelized, 30 to 45 minutes. Stir in lime juice and keep warm.

Meanwhile, preheat oven to 375oF. Grease the bottom of a large baking dish with remaining 1 teaspoon oil. Put almond meal into a wide, shallow dish and season salmon with salt and pepper. Brush the top of each salmon fillet with mustard and then roll in almond meal, pressing to make sure it sticks. Arrange salmon in prepared baking dish in a single layer and bake until just cooked through and flesh flakes with a fork, about 15 minutes.

Transfer salmon to plates, top with caramelized onions, garnish with green onions and basil and serve.

Serve this dish as a main course along with roasted or mashed potatoes, steamed vegetables and a green salad.

NUTRITIONAL INFORMATION (per serving)



22	g of total fat
36	g of total protein
2	g of dietary fiber
10	g of total carbs

Key words

salmon, onions, basil, almond

