



Pecan Crusted Salmon with Lemon Glaze

Serves 4

Ingredients

4 salmon fillets

2 tablespoons unsalted butter

1/4 cup honey

2 tablespoons reduced sodium soy sauce

1 tablespoon brown sugar, packed

1 tablespoon freshly grated ginger

2 cloves garlic, minced

Juice of 1 lemon

2 teaspoons cornstarch

FOR THE PECAN CRUST

1/2 cup pecan halves

1/2 cup Panko breadcrumbs

1/4 cup fresh parsley leaves

Kosher salt and freshly ground black pepper, to taste

Directions:

Preheat oven to 400 degrees F.

To make the pecan crust, combine pecans, Panko, and parsley in the bowl of a food processor until mixture resembles coarse crumbs; season with salt and pepper, to taste. Dredge each salmon fillet with pecan mixture.

Melt butter in a large oven-proof skillet over medium high heat. Working in batches, add salmon to the skillet and sear both sides until golden brown, about 1-2 minutes per side.

Place into oven and bake until fish flakes easily with a fork, about 10-12 minutes.

To make the lemon glaze, combine honey, soy sauce, brown sugar, ginger, garlic, lemon juice and cornstarch in a small saucepan over medium heat. Bring to a boil; reduce heat and simmer until slightly thickened, about 3-4 minutes.

Serve salmon immediately with lemon glaze.