

HAZELNUT-CRUSTED SALMON WITH LEMON-DILL SAUCE

SERVES: 4

INGREDIENTS

4 salmon fillets (6 ounces each)
1/2 cup ground hazelnuts
2 tablespoons Dijon mustard
2 tablespoons honey
1 tablespoon fresh dill, chopped
1 lemon
2 tablespoons olive oil
Salt and black pepper to taste

For Lemon-Dill Sauce:

1/2 cup sour cream
2 tablespoons fresh dill, chopped
1 tablespoon lemon juice
1 teaspoon lemon zest
Salt and black pepper to taste

METHOD

1. Preheat the oven to 400°F and line a baking sheet with parchment paper.
2. Pat salmon fillets dry with paper towels to remove excess moisture.
3. In a small bowl, mix Dijon mustard and honey until well combined.
4. Season salmon fillets with salt and black pepper.
5. Brush each salmon fillet with the mustard-honey mixture.
6. Spread ground hazelnuts on a plate and press each salmon fillet into the nuts, coating the top and sides.
7. Place the crusted salmon fillets on the prepared baking sheet.
8. Bake for 10-12 minutes, or until the salmon is cooked through and the hazelnut crust is golden brown.
9. While the salmon bakes, prepare the lemon-dill sauce by combining sour cream, chopped dill, lemon juice, lemon zest, salt, and pepper in a small bowl.
10. Serve the salmon hot with the lemon-dill sauce on the side.