

Fennel & Almond Crusted Salmon



Serves 4 - 6

Prep 15 mins

Cooking 30 mins

Easy

Ingredients

500g - 600g side of fresh salmon, skin on, trimmed and pin boned

1 tbsp Dijon mustard

40 - 50g panko breadcrumbs

25 - 30g blanched almonds, whizzed in a food processor until coarse

20g Parmesan, finely grated

1/2 tbsp fennel seeds, lightly crushed

Finely grated zest of 1/2 lemon

1 tbsp each of fresh tarragon & parsley, finely chopped

2 tbsp olive oil, plus extra to grease

1. Preheat oven to 190C/ Fan 170C/ Gas 5. Place the salmon, skin side down, in a large roasting tin lined with baking parchment and lightly oiled. Brush with mustard to coat.
2. In a bowl, mix together the breadcrumbs, almonds, Parmesan, fennel seeds, lemon zest, chopped herbs, olive oil and some seasoning. Spread evenly over the salmon, pressing gently so that it sticks.
3. Roast in the oven for 20 - 30 mins until just cooked through - the time will vary depending on the thickness of your fillet, so check regularly from 20 mins.
4. Serve with soured cream potato salad.