

Panko & Parmesan Crusted Salmon



Serves 4

Prep 10 mins

Cooking 8 mins

Easy

+10 mins resting

Ingredients

4 skin-on salmon fillets
2 tsp Dijon mustard
4 tsp runny honey
60g panko breadcrumbs
60g parmesan, coarsely grated
2 tbsp parsley, chopped
2 tsp thyme leaves
1/2 lemon, zested, + extra wedges to serve
4 tbsp olive oil

1. Heat the oven to 220C/fan 200C/gas 7 Pat the salmon dry with kitchen paper to remove excess moisture - this will give a crispy skin and allow the bread crumbs to stick more easily to the top of the fillet. Mix together the mustard and honey in a small bowl.
2. In another small bowl, mix together the breadcrumbs, parmesan, parsley, thyme and lemon zest, and season. Pour over 2 tbsp of the olive oil and stir to combine.
3. Spread the honey-mustard mixture on to the top of each salmon fillet, then use your hands to press the breadcrumb mixture on top, pressing down firmly.
4. Heat the remaining olive oil in an ovenproof frying pan or pan over a medium-high heat. Once hot, cook the salmon fillets, skin-side down, for 4 minutes until the skin is crisp. Transfer the pan to the oven and bake for 6-8 minutes or until the crust is golden. Cover and rest for 10 minutes. Serve with lemon wedges on the side for squeezing over.