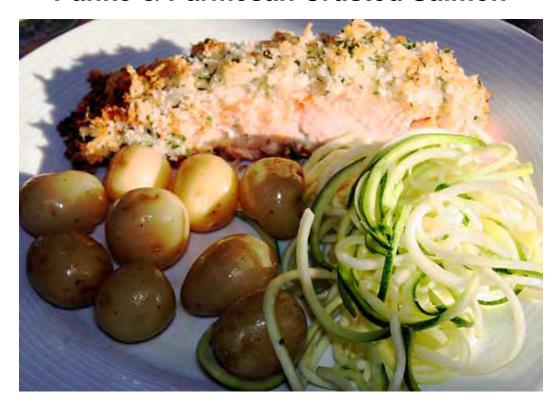
Panko & Parmesan Crusted Salmon



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

- 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.

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