

Il Filetto di salmone in crosta di pistachio

Pistachio Crusted Salmon

Ingredients

4 salmon fillets, skin removed
2 lemons, for juice, slices and zest
1 T chopped parsley
2 tablespoons Dijon mustard
1 cup shelled pistachio nuts, chopped
1/2 cup bread crumbs
4 tablespoons extra virgin olive oil
Salt and freshly ground black pepper

Directions

Preheat the oven to 375 degrees F.

Arrange the salmon on an oven proof baking sheet. Mix 1t lemon juice and mustard together in a small bowl and spread thinly over the top of the salmon.

In a small mixing bowl, combine the pistachios, bread crumbs, 1T lemon zest, parsley, 1 T lemon juice, 1T EVOO, salt and pepper, to taste. (The mixture should be moist enough to form a clump when squeezed together)

Spoon the pistachio mixture over the mustard and spread to cover the salmon evenly and gently press down.

Put in the preheated oven and cover the salmon with foil. Bake for about 15 minutes and remove foil. Continue baking the salmon until it the coating is lightly browned and fish reaches the correct doneness, about 5 to 10 minutes more. Remove from the oven to a serving platter and garnish with fresh parsley sprigs and lemon slices.

