

Coconut Macadamia Salmon

Chef Audrey - Aldi Test Kitchen
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Servings: 6

*1/4 cup roasted salted
macadamia nuts, chopped
1/2 cup Baker's Corner
coconut flakes
1 tablespoon lime zest
1 tablespoon chopped
thyme
2 pounds fresh atlantic
salmon side
1/4 cup extra-virgin olive oil
sea salt (to taste)
pepper (to taste)*

Preheat the oven to 375 degrees.

Place the chopped macadamia nuts and coconut on a baking sheet. Toast for 5 minutes, stirring halfway through.

In a small bowl, combine the macadamia nuts, coconut, lime zest and thyme. Stir to combine. Reserve.

Cut the salmon side into six portions.

Heat a large cast-iron skillet over medium-high heat. Coat the bottom of the pan with oil. Sear the salmon, skin-side down, for 1 to 2 minutes, until the skin is crispy. Turn and sear for 1 to 2 minutes. Remove the pan from the heat. Turn the fillets skin-side down.

Top the fillets with the macadamia and coconut mixture. Place in the oven.

Bake for 5 minutes or until cooked through.

Season to taste with salt and pepper. Garnish the top with the remaining thyme.

TIP

For additional flavor, drizzle with a citrus hollandaise by combining two egg yolks, 1/4 lime, a pinch of salt and 1/4 cup of hot melted butter, whisked until emulsified.

Per Serving (excluding unknown items): 80 Calories; 9g Fat (99.1% calories from fat); trace Protein; trace Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; trace Sodium. Exchanges: 0 Fruit; 2 Fat.