

Moist, buttery salmon luxuriates under a golden crust of pine nuts, seasoned with rosemary and orange zest. Quick, easy and impressive!

### **INGREDIENTS:**

- 45g (1/3 cup) pine nuts
- 1 teaspoon dried rosemary
- 1 orange zest only
- 4 salmon fillets (approx. 120g/4¼ oz each)
- 20g (1½ tbsp) melted butter
- Wedges of orange to serve (optional)



### **INSTRUCTIONS:**

1. Preheat the oven to 180°C (350°F). Line a baking tray with foil.
2. Using a food processor or mini-chopper, whizz the pine nuts, rosemary and orange zest to give coarse crumbs.
3. Place the salmon fillets on the foil-lined baking tray and brush each fillet liberally with the melted butter – you may not need it all. Press a quarter of the crumbs onto the top of each salmon fillet. (If you have any melted butter remaining, drizzle it over the top of the crumbs.)
4. Bake at 180°C (350°F) for 15 minutes until the fish is cooked and the pine nut crumbs are golden.
5. Wedges of orange to serve  
Serve hot or warm, with orange wedges to squeeze over.

## Nutrition Facts

<b>Nutrition Facts</b>		<b>Amount</b>	<b>% Daily Value*</b>	<b>Amount</b>	<b>% Daily Value*</b>
<b>Amount per</b>	121 g	<b>Total Fat</b>	21.5g 33%	<b>Total Carbohydrates</b>	1g 0%
1 serving (4.3 oz)		Saturated	5.7g 29%	Dietary Fiber	0g 2%
<b>Calories</b>	460	Trans Fat	0.2g	Sugars	0g
From fat	190	<b>Cholesterol</b>	178mg 59%	<b>Protein</b>	67g 133%
<i>HappyForks.com</i>		<b>Sodium</b>	87mg 4%		
		<b>Calcium</b>	7% • <b>Iron</b>	<b>Vitamin A</b>	5% • <b>Vitamin C</b>
			9%		1%

\* Percent Daily Values are based on 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Nutrition is provided as a courtesy and is an estimate. If this information is important to you, please have it verified independently.

Like what you tried? Email us at [katieConklin@oshkoshymca.org](mailto:katieConklin@oshkoshymca.org)

Recipe Source <https://family-friends-food.com/salmon-pine-nuts-rosemary-orange/#recipe>