

Baked Salmon with Honey Mustard and Pecan Panko Crust

Once Upon a Chef (blog) 2017



- 2 tablespoons Dijon mustard
- 2 tablespoons unsalted butter, melted
- 1 tablespoon honey
- 1/2 teaspoon salt, divided
- 1/4 teaspoon freshly ground black pepper
- 1 1/2 pounds salmon fillets, cut into 4 even pieces
- 1/4 cup panko
- 1/4 cup pecans, finely chopped
- 2 teaspoons parsley, finely chopped (optional for color)
- 1/4 teaspoon salt
- 1 whole lemon, for serving (optional)

Per Serving (excluding unknown items): 332 Calories; 17g Fat (45.0% calories from fat); 36g Protein; 10g Carbohydrate; 1g Dietary Fiber; 104mg Cholesterol; 620mg Sodium. Exchanges: 1/2 Grain(Starch); 5 Lean Meat; 0 Vegetable; 0 Fruit; 2 Fat; 1/2 Other Carbohydrates.

Carolyn T's Blog: tastingspoons.com

Servings: 4

NOTES: If you're going to use some of the honey mustard mixture in a side vegetable (as I did with shaved Brussels sprouts), increase the mustard, butter, honey, salt and pepper mixture by half, then set aside about 1/4 to 1/3 of it to use on the vegetable.

1. Preheat the oven to 450°F and set an oven rack in the middle position. Line a baking sheet with aluminum foil for easy cleanup, and spray with nonstick cooking spray.
2. In a small bowl, whisk together the mustard, melted butter, honey, salt, and pepper. Set aside.
3. In another small bowl, mix together the panko, pecans, parsley (if using), and remaining 1/4 teaspoon salt.
4. Spoon the honey-mustard mixture evenly over the salmon fillets. (Don't worry if it drips down the sides a little.) Sprinkle the panko-pecan mixture over the glaze, pressing it lightly so it adheres.
5. Bake for 7-10 minutes per inch of thickness, depending on how well done you like your salmon. (If you find that the topping is browning more than you'd like before the fish is cooked through, loosely cover the salmon with foil.) Serve hot or at room temperature. (Note that if your salmon has skin, it may stick to the foil; to remove the fish from the pan, slide a thin spatula between the skin and the flesh, leaving the skin behind.) Garnish with additional parsley, if desired, and add lemon wedges for serving.
6. Make Ahead: The salmon can be glazed, coated with the panko-pecan mixture, and refrigerated up to 3 hours ahead of time.