

Parmesan and Herb Crusted Salmon

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baking tray
baking paper
chopping board and knife
measuring cups and spoons
fine grater
medium mixing bowl
mixing spoon
fork for testing

1. **Preheat** oven to 175°C/ 350°F.

2. **Line** the baking tray with the baking paper.

3. On the baking paper **place**

4 pieces of **salmon or other firm fish**

4. In the bowl, **mix** together

½ cup finely grated **parmesan cheese**

½ cup **almond meal**

¼ cup **fresh parsley**, finely chopped

1 TBS chopped **fresh chives**

2 TBS **cold pressed olive oil**

¼ tsp **pink or sea salt**

⅛ tsp **ground black pepper**

5. **Coat** the fish with the mixture by pressing firmly onto the flesh.

6. **Bake** for 10 to 12 minutes until the fish flakes easily when tested with a fork.

7. Can be **served** with a salad, and garnished with

1 **lemon**, quartered

extra sprigs of **fresh parsley**

