



Pistachio Crusted Salmon

4 servings

30 minutes

Ingredients

62 grams Pistachios (removed from shell)
2 grams Sea Salt
567 grams Salmon Fillet
34 grams Pine Nuts
1 Garlic (clove, minced)
122 grams Parsley (chopped)
59 milliliters Extra Virgin Olive Oil
1 Lemon (juiced)
1 head Cauliflower (chopped into florets)

Directions

- 1 Preheat oven to 375°F (191°C). Line a baking sheet with parchment paper.
- 2 Place pistachios and sea salt in a blender and pulse just until coarse but not into a fine powder. (Do not over process!)
- 3 Lay fillets on the baking sheet and coat with the pistachio mixture. Place in the oven and bake for 15 minutes or until fish flakes with fork.
- 4 Meanwhile, create your pesto by combining the pine nuts, garlic, parsley, olive oil and lemon juice in the food processor. Blend until smooth and transfer to a jar.
- 5 Create your cauliflower rice by adding the florets to the food processor. Process until the cauliflower has a rice-like consistency. Transfer into a bowl.
- 6 Remove the salmon from the oven. To serve, add a few spoonfuls of cauliflower rice to the plate and top with salmon. Add a spoonful of pesto and garnish with a lemon wedge. Enjoy!

Notes

More Veg: Serve with a side of baby spinach drizzled with leftover pesto

Likes it Warm: Saute the cauliflower rice in a bit of olive oil before serving