



Maple Pecan Crusted Salmon



Servings

4 persons



Cooking time

10 Minutes



Calories

307

Ingredients:

- 2 kg Frozen Wild Pink Salmon Portion, VP, MSC China
- 2 tbsp maple syrup
- 1 tbsp Greek yogurt
- 2 tbsp breadcrumbs
- 4 tsp pecans, chopped
- ¼ tsp salt
- 1/8 tsp garlic powder



Product item number: 84305



Cooking Steps:

- 1 Preheat the oven to 425 degrees Fahrenheit.
- 2 Line a rimmed baking sheet with aluminum foil. Place a wire rack on top of the foil-lined baking sheet.
- 3 Pat the salmon filets dry with paper towels to remove any excess moisture. This helps the maple syrup and pecan crust adhere better.
- 4 Make the Maple Yogurt Mixture:
- 5 Combine 1/2 cup of plain Greek yogurt with 1/4 cup of pure maple syrup into the bowl. Stir well.
- 6 Spread a generous layer of the maple yogurt mixture over the top of each salmon filet.
- 7 Add breadcrumbs, pecans, brown sugar, dried thyme, garlic powder, onion powder, salt, and black pepper in another bowl. Stir until all ingredients are well incorporated.
- 8 Sprinkle 1 tablespoon of the pecan breadcrumb mixture evenly over the top of each salmon filet. Press down gently to ensure the crust adheres well to the maple syrup layer.
- 9 Lightly spray the top of each salmon filet with canola oil to help the crust achieve a golden.
- 10 Place the prepared salmon filets on the wire rack in the oven. Bake at 425 degrees Fahrenheit for 8 to 10 minutes
- 11 Serve and Enjoy!

