



High Tide Fisheries

RECIPE

Pistachio Crusted Salmon

5 minutes

PREP TIME

20 minutes

TOTAL TIME

INGREDIENTS

2 fillets of
High Tide Fisheries' Salmon

1/4 Tsp crushed red
pepper flakes

1/3 cup sour cream

2 Tbsp olive oil

2/3 cup dry bread crumbs

1-2 Tbsp prepared
horseradish

2/3 cup chopped pistachios

1Tsp dill weed

1/2 cup chopped shallots

1/2 Tsp grated lemon zest

1 clove minced garlic

INSTRUCTIONS

Preheat oven to 350 degrees. Place salmon skin side down in an ungreased baking pan. Spread sour cream over each fillet. Combine remaining ingredients in a bowl and mix thoroughly. Pat crumb-nut mixture onto tops and sides of salmon fillets. Press to help coating adhere. Bake until fish begins to flake easily with a fork, usually about 12-15 minutes.

