Honey Mustard Pecan Salmon

Serves 4

**INGREDIENTS**
- 1lb salmon
- 2 tbsp dijon mustard
- 2 tbsp melted butter
- 1 tbsp honey
- ½ tsp sea salt
- ¼ tsp pepper
- ¼ cup panko bread crumbs
- ¼ cup finely chopped pecans
- pinch of salt
- 2 tsp chopped parsley (optional)

**DIRECTIONS**

1. Preheat oven to 450°F
2. Mix the mustard, butter, honey, salt, and pepper.
3. Smear the mustard/honey mix on top of each piece of salmon.
4. Mix the panko bread crumbs, salt, parsley, and pecans.
5. Pat the panko/pecan mix on each piece of salmon.
6. Bake in preheated oven at 450 for approximately 10-12 minutes.