

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.