

## Baked Salmon with a pistachio, honey and herb crust



- 80g shelled pistachio
- 30g fresh white breadcrumbs
- 1 tablespoon chopped fresh thyme
- 2 tablespoons chopped fresh flat-leaf parsley
- 2 tablespoons runny honey
- 1 ½ tablespoons extra virgin olive oil, plus extra for greasing
- 4 skinned salmon fillets, about 200g each
- Salt and freshly ground black pepper

### **To serve:**

- Tender stem broccoli
- ½ red chilli, finely chopped
- 2 cloves garlic, finely chopped
  - Preheat the oven to 180c/ gas mark 4. Chop the pistachios very finely so they are about the same size as the breadcrumbs. Sieve them to remove the dusty skins. Place in a small bowl with the breadcrumbs and herbs and season with salt and pepper. Drizzle over the honey, mix well and set aside.
  - Brush a little oil over the bottom of a baking dish. Place the salmon in a dish and season with salt and pepper. Top one side of the fillets with the pistachio mixture, pressing it down firmly with the back of a spoon.
  - Drizzle with the oil and bake for 25 minutes or until the topping is golden and crisp.
  - Blanch the broccoli for 2 minutes in boiling salted water
  - Drain the broccoli and fry in olive oil with the chopped chilli and garlic
  - Serve the baked salmon with the tender stem broccoli. Sweet potatoes go well as a side dish with this.