

Recipe

WALNUT CRUSTED WILD SALMON OVER SUMMERY GREENS

SERVES 4

THE GOODS:

For the Salmon

- 4 pieces wild salmon (approximately 1-1.5 lb.)
- 2 egg whites
- 2 cup walnuts (to fine grind or chop)
- 1 tsp water
- 2 Tbsp Avocado oil
- Hearty Pinch Salt
- lack pepper
- 1 Tbsp Garlic powder
- 2 Tbsp fresh thyme
- 1 tsp lemon zest
- 1 tsp paprika
- ½ Tbsp arrowroot

For the Summery Greens

- 6 cups summer greens of choice (arugula, mustard greens, swiss chard, kale, spinach or beet tops)
- 1 Tbsp Avocado oil
- Pinch Sea salt
- Squeeze of lemon (to taste, start slowly)
- 1-2 cloves of garlic

THE METHOD:

For Salmon:

Season salmon with salt, pepper and garlic powder and let it sit. Prepare walnut mixture in food processor or small bowl, ensuring the walnuts pretty fine — then stirring together walnuts, fresh thyme, paprika, lemon zest, arrowroot, 1 Tbsp avocado oil, salt and pepper. Mixture should be crumbly and stick together slightly.

Crack 2 eggs and separate the whites to use. Add a teaspoon of water and whisk. Dunk the salmon top into the egg mixture (or use a basting brush) and follow with a hearty dip into the walnut mixture.

Pat down evenly. Heat cast iron pan on the stove top. With a dollop of avocado oil, seer the salmon (walnut side up) for 3-4 min and then transfer to oven. Bake on middle rack of oven at 375°F for 15-18 minutes or until fish is flaky or reaches an internal temperature at its thickest portion of 145°F, checking often so that the walnuts do not get too well done on top.

For Greens:

Wash and prep the greens by ripping leaves from stem if the stem is thick like kale. Tear into bite sized pieces. Chop the garlic. Heat oil in a pan with chopped garlic. Once the garlic is aromatic, add in the greens and

sauté until wilted (should be just a couple of minutes). Add pinch of salt and squeeze of lemon. Taste. Adjust with more salt or lemon as needed.

Plate your salmon over the wilted greens and enjoy.

Boulder Nutrition