

Pistachio Crusted Salmon with Creamy Dill Sauce & Roasted Carrots



Servings:

6

Prep Time:

10 min

Cook Time:

50 min

Ingredients

- 1/2 cup **Mayonnaise**
- 1/2 cup **Greek Yogurt**
- 1/4 cup **Lemon Juice**
- 1 tsp **Lemon Zest**
- 1/2 cup **Dill, Fresh**, finely chopped
- 1/4 tsp **Salt & Pepper**
- 6 each **Salmon Filets, 6oz Portions**
- 1/2 cup **Pistachios**
- 1/4 cup **Panko**
- 1 tbsp **Lemon Zest**
- 2 tbsp **Parmesan Cheese**, grated
- 1/4 tsp **Salt & Pepper**
- 2 tbsp **Olive Oil**

Method of Preparation

Step 1

Preheat the oven to 400 degrees F.

Line a sheet tray with foil or parchment paper.

Step 2

In a bowl, toss the carrots, olive oil, salt/pepper. Roast for 30 minutes or until caramelized and fork tender.

Toss honey over carrots once done roasting.

Step 3

In a small bowl, combine mayonnaise, greek yogurt, lemon juice, lemon zest, dill and salt/pepper.

Whisk until well combined.

Split the dill sauce into two separate bowls. One for crusting the salmon fillets and one for plating.

Step 4

In a food processor blend together pistachios, panko, lemon zest, parmesan cheese, and salt/pepper.

Blend until all are well combined. Spread out evenly on a plate once done.

Step 5

- 1/4 tsp **Salt & Pepper**
- 1/3 cup **White Wine**
- 2 tbsp **Butter**
- 3 bunches **Carrots with Tops-Multicolor**, about 12 small carrots, peeled, halved
- 1 tbsp **Olive Oil**
- 1/4 tsp **Salt & Pepper**
- 2 tbsp **Honey**

Rub each salmon filet, on both sides, with olive oil and salt/pepper.

Step 6

Coat one side of the salmon filet with some of the dill sauce and then crust the top with the pistachio mixture.

Step 7

Transfer the crusted salmon filets to a baking dish.

Add white wine and butter.

Bake for 15-20 minutes.

Step 8

Plate your finished salmon with the reserved dill sauce and a portion of honey-glazed carrots. Garnish with fresh dill. Enjoy!

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