



Walnut Crusted Salmon with Avocado

YIELD: 6 SERVINGS

Gluten-free

RECIPE CUSTOMIZATION

To make it dairy-free, Replace parmesan with nutritional yeast

To make it FODMAP friendly, replace walnut with macadamia nut, reduce the quantity of avocado from 2 to 1

INGREDIENTS

- 1 cup walnuts, chopped
- ½ cup panko, gluten-free
- ½ cup parmesan, finely grated
- 1 Tbsp dijon mustard
- 3 Tbsp fresh dill, roughly chopped
- 1 Tbsp lemon zest
- ½ tsp salt, kosher
- 2 pounds salmon filets, skin removed and cut into 6 even filets
- Pan spray
- ½ tsp salt, kosher
- 2 avocado, cut into strips

DIRECTIONS

1. Heat the avocado oil over a medium flame in a sauce pan. Add the onion, carrot and celery and sauté while stirring every minute or two. Do not stir constantly or the caramelization will not occur. Adjust your heat so the vegetables slowly caramelize and turn brown. This should take about 15 minutes. If your pan browns too quickly, reduce the heat and stir in a few drops of water to deglaze your pan.
2. Add the garlic, Italian seasoning, pepper flakes and tomato paste and cook for another 5 minutes or until the tomato paste slightly darkens. Add the ground beef and cook while breaking apart for about 5 more minutes or until the beef has browned.
3. Add the salt, nutritional yeast, chia seeds, hemp hearts, tomato puree and tomatoes. Bring up to a simmer and cook for at least 15 minutes. The longer you simmer the sauce, the better the flavors will blend. Serve 4 ounces of sauce over one cup of cooked black bean pasta.

Chef tip: For a darker, crispier crust, roast salmon on the top rack of the oven.



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NUTRITION FACTS

Serving size 1 (4.1oz)

Amount Per Serving 116g

Calories 331

% Daily Value

Total Fat 23.1g 36%

Saturated Fat 4g 20%

Cholesterol 22mg 7%

Sodium 560mg 23%

Total Carbohydrate 20g 7%

Dietary Fiber 4g 17%

Sugars 2g

Protein 14g 27%

Vitamin A 4%

Vitamin C 10%

Calcium 13%

Iron 10%

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