



## Pistachio Crusted Wild Salmon

**Active Time:** 20 minutes | **Total Time:** 20 minutes | **Serves:** 4

### Nutrition Information Per Serving

321.9 calories, 5.71 g carbohydrate, 2.4 g fiber, 3.31 g NET carbs, 35.54 g protein, 17.8 g fat

#### Ingredients

- 1/2 tsp(s) sea salt
- 1/4 tsp(s) freshly ground black pepper
- 24 ounce(s) wild, line-caught mahi mahi
- 2 ounce(s) pistachios
- 1 Tbsp Dijon mustard
- 2 Tbsp(s) coconut oil, melted
- 1/4 cup(s) blanched almond flour
- 1 Tbsp lemon juice

#### Preparation

1. Preheat oven to 350 F. Whisk lemon juice and mustard together in a small bowl.&nbsp;
2. Arrange salmon on a baking sheet, skin side down. &nbsp;Spread lemon-mustard mixture over the salmon.
3. Coarsely grind pistachios in a food processor or Magic Bullet. Combine with almond meal, oil and salt and pepper. The mixture should be slightly wet to help adhere to the fish.
4. Mound pistachio mixture over the salmon.
5. Transfer to the preheated oven and bake 15-20 minutes or to desired doneness.&nbsp;

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