



Coconut-Crusted Salmon with Coconut Chili Sauce



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



208 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon honey
- ☐ 3 tablespoon juice of lime fresh
- ☐ 0.3 cup panko bread crumbs
- ☐ 2 tablespoon vegetable oil; peanut oil preferred
- ☐ 6 servings salt and pepper as needed
- ☐ 0.5 tablespoon thai chili paste
- ☐ 1 cup coconut milk unsweetened

- ☐ 0.5 cup coconut or shredded unsweetened

Equipment




- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ kitchen thermometer
- ☐ spatula

Directions

- ☐ Combine the coconut milk, 1 tablespoon lime juice, honey, and chili paste in a small saucepan and cook over medium-high heat until the sauce reduces and thickened slightly, about 4 minutes. Season the sauce with salt to taste. The sauce may be refrigerated, covered, for up to 5 days. Prepare the fish: Position a rack in the middle of the oven and preheat to 375 F.
- ☐ Combine the shredded coconut, panko, ½ teaspoon salt, and ¼ teaspoon pepper in a small bowl. Toss well, and then spread the mixture on a plate.
- ☐ Brush the top sides of the salmon with lime juice. Lightly season the fish with salt and pepper. One piece at a time, dip the top side of each fillet in the coconut-panko mixture, making sure the surface is coated. Pat the mixture onto the fish, if necessary. Set a large, heavy-bottomed skillet, preferable cast-iron, over medium heat. When the skillet is hot, add the peanut oil. Arrange half the salmon fillets, coconut side down, in the skillet and cook for 3 minutes to sear the fish and brown the topping. carefully flip the fish over and cook another 3 minutes. Using a spatula, transfer the fish to a baking sheet. Repeat with the remaining 3 fillets.
- ☐ Transfer the baking sheet to the oven and bake until the salmon is just firm to the touch and the interior is nearly opaque, but still moist, 2 to 4 minutes depending on thickness of the fish (alternatively, use an instant read thermometer; the fish will be done when the temperature reaches 130 degrees F.)
- ☐ Place each fillet of salmon on a warmed plate.
- ☐ Drizzle with Coconut Chili Sauce and serve.

Nutrition Facts



 **PROTEIN 3.37%**  **FAT 78.94%**  **CARBS 17.69%**

Properties

Glycemic Index:8.71, Glycemic Load:1.5, Inflammation Score:-1, Nutrition Score:4.6395651970221%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 208.18kcal (10.41%), Fat: 19.33g (29.74%), Saturated Fat: 13.69g (85.59%), Carbohydrates: 9.75g (3.25%), Net Carbohydrates: 7.45g (2.71%), Sugar: 5.18g (5.76%), Cholesterol: 0mg (0%), Sodium: 221.51mg (9.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.86g (3.72%), Manganese: 0.61mg (30.34%), Fiber: 2.3g (9.2%), Copper: 0.18mg (8.98%), Selenium: 4.59µg (6.56%), Phosphorus: 61.97mg (6.2%), Iron: 1.07mg (5.94%), Magnesium: 23.68mg (5.92%), Vitamin E: 0.85mg (5.66%), Potassium: 167.75mg (4.79%), Vitamin C: 3.72mg (4.51%), Zinc: 0.48mg (3.18%), Vitamin B1: 0.04mg (2.82%), Vitamin B3: 0.55mg (2.76%), Folate: 10.73µg (2.68%), Vitamin B6: 0.05mg (2.26%), Vitamin B5: 0.16mg (1.61%), Calcium: 14.64mg (1.46%), Vitamin B2: 0.02mg (1.25%)