

DINNER

Macadamia Nut and Yogurt Crusted Salmon

4 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
30 min	10 min	20 min	6	\$2.96	286 kcal

Macadamia Nut and Yogurt Crusted Salmon could be just the pescatarian recipe you've been looking for. One serving contains 286 calories, 25g of protein, and 16g of fat. This recipe serves 6. For \$2.96 per serving, this recipe covers 20% of your daily requirements of vitamins and minerals.

Ingredients

- ☐ 2 tablespoons melted butter
- ☐ ¼ cup chopped macadamia nuts
- ☐ 1½ pounds fresh salmon fillet (about , pin bones and skinless
- ☐ 2 tablespoons stone-ground mustard
- ☐ 6 servings Chopped chives
- ☐ 1 cup panko bread crumbs
- ☐ 6 servings Salt and freshly ground black pepper
- ☐ ¼ cup vanilla yogurt

EQUIPMENT Bowl, Baking sheet, Baking paper, Oven

Method

- 1

Preheat oven to 375 degrees F. Line a baking sheet with parchment paper.
- 2

Season salmon with salt and pepper and place on a baking sheet.
- 3

Combine melted butter, stone-ground mustard, yogurt and macadamia nuts in a bowl. In a separate bowl combine bread crumbs and chopped chives and season with salt and pepper.

- 4 Spread yogurt mixture over top of fish then evenly coat fish with the bread crumb mixture. Roast for 15 to 20 minutes, for medium doneness.

Nutrition per serving

286	25 g	16 g	10 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			4.4 g · 28% of daily needs
Fibre			1.2 g · 5% of daily needs
Sugar			2.4 g · 3% of daily needs
Sodium			215 mg · 9% of daily needs
Cholesterol			72.9 mg · 24% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/macadamia-nut-and-yogurt-crusted-salmon-147785