



Roast salmon with spiced coconut crumbs

 Gluten Free

READY IN



40 min.

SERVINGS



8

CALORIES



310 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 50 g butter
- ☐ 8 cardamom pods green seeds removed and finely crushed
- ☐ 3 tbsp coconut flakes
- ☐ 1 pepper flakes fresh red seeded finely chopped
- ☐ 1 tbsp ginger fresh grated
- ☐ 2 garlic clove finely chopped
- ☐ 1 tsp ground coriander
- ☐ 1 pinch turmeric generous

- ☐ 8 fillet salmon boneless skinless
- ☐ 2 tbsp cilantro leaves fresh finely chopped

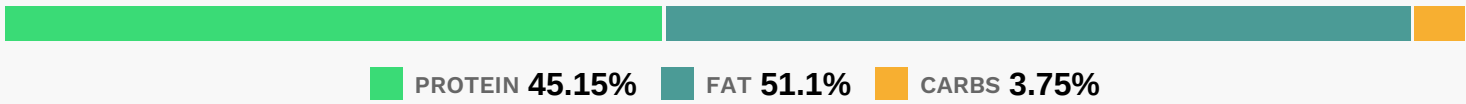
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Up to a day ahead, melt the butter in a medium pan, add the cardamom and coconut and stir non-stop for 2 to 3 minutes until the coconut starts to toast. Stir in the chilli, ginger, garlic, ground coriander and turmeric. Cook for another minute then leave to cool.
- ☐ Arrange the salmon in a single layer, spaced slightly apart, in 1 large or 2 smaller buttered ovenproof dishes. Scatter on the coriander and spread the coconut mixture on top. Cover in cling film and chill (for up to a day) until an hour before cooking.
- ☐ To serve, turn the oven to 200C/gas 6/fan 180C.
- ☐ Remove the cling film. Roast the salmon for 13–15 minutes until cooked, but still moist. Bring to the table in the dish(es).

Nutrition Facts



Properties

Glycemic Index:22.75, Glycemic Load:0.32, Inflammation Score:-5, Nutrition Score:26.186956358993%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 309.61kcal (15.48%), Fat: 17.27g (26.57%), Saturated Fat: 5.97g (37.34%), Carbohydrates: 2.85g (0.95%), Net Carbohydrates: 1.77g (0.64%), Sugar: 0.46g (0.51%), Cholesterol: 106.94mg (35.65%), Sodium: 116.92mg (5.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.33g (68.65%), Vitamin B12: 5.42µg (90.28%), Selenium: 62.66µg (89.52%), Vitamin B6: 1.44mg (72.03%), Vitamin B3: 13.49mg (67.43%), Vitamin B2: 0.66mg (38.85%), Phosphorus: 353.79mg (35.38%), Manganese: 0.67mg (33.47%), Vitamin B5: 2.87mg (28.69%), Vitamin

B1: 0.4mg (26.4%), Potassium: 895.5mg (25.59%), Copper: 0.46mg (23.08%), Magnesium: 58.34mg (14.59%), Folate: 44.34µg (11.08%), Vitamin C: 8.89mg (10.77%), Iron: 1.82mg (10.13%), Zinc: 1.32mg (8.79%), Vitamin A: 284.55IU (5.69%), Fiber: 1.08g (4.33%), Calcium: 34.02mg (3.4%), Vitamin K: 1.56µg (1.48%), Vitamin E: 0.2mg (1.32%)