

Pistachio-Crusted Salmon

Makes: 6 servings

Preparation time: about 30 minutes

6 salmon fillets (sized to serve 1 each)

¼ cup (50 mL) maple syrup

1 tsp (5 mL) curry powder

1 tsp (5 mL) Dijon mustard

½ cup (125 mL) chopped shelled pistachios

1. Preheat oven to 400 F (200 C).

2. Line a baking sheet or rimmed, low-sided baking dish with foil, and spray with oil, or parchment paper. Place fillets on the pan.

3. In a small bowl, stir together maple syrup, curry powder and Dijon mustard. Spoon half the maple mixture over the fillets. Sprinkle pistachios over the fillets. Spoon remaining maple mixture over nuts.

4. Bake in centre of preheated oven for about 15 to 25 minutes (depending on the thickness of the fillets) or until fish flakes easily at its thickest point.