
Panko Crusted Kim Chee Salmon

Description

Salmon is one of the healthiest fish you can eat and has a wonderful rich flavor – rather than take anything away from these two attributes, I've developed a fool proof recipe that is lighter than similar recipes due to using way less mayonnaise! And to top it off – a bright and nutrient dense salad provides bright flavors and colors, crunch with gut healthy ingredients. Guilt free eating – go ahead and have seconds!

Total time: 40 min Yield: 5 to 6 servings

Ingredients

cooking spray
2 to 2 1/2 lb salmon fillet
salt & pepper (to lightly season)
1/2 cup fat free Greek yogurt
2 Tbsp mayonnaise
3 Tbsp kim chee (minced)
2 tsp green onion (finely chopped)
1 Tbsp NOH Foods kim chee powder
1/2 cup panko
1 cup watercress (chopped)
1 cup bean sprouts
1/3 cup carrot (shredded)
1/2 cup red cabbage (shredded)
1/4 cup chives (chopped)
1/4 cup kim chee (chopped)

Prep Time: 25 min Cooking Time: 15 min Total Time: 40 min

Instructions

Preheat oven to 425°F. For easy clean up, line a baking sheet with parchment paper and prepare with cooking spray (or spray directly onto pan). Place the salmon in the middle of the baking sheet and lightly season with salt and pepper. In a small bowl, combine the fat free Greek yogurt, mayonnaise, 3 tbsp. minced kim chee, green onion and kim chee powder. Stir ingredients until well blended. Using a spatula or large spoon, smear the salmon with the yogurt mixture, covering the top of the fillet. Sprinkle all of the panko on top. Spray with cooking spray and put into your heated oven for 13 to 16 minutes depending on the thickness of the fillet.

While the salmon cooks, make the salad topping. In a medium bowl, combine the watercress, bean

sprouts, carrot, red cabbage, chives and ¼ cup chopped kim chee and toss to combine. After your salmon has reached an internal temperature of 135°F, divide the fillet into portions and serve topped with a mound of your kim chee salad!

Recipe brought to you by:

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