



From the Kitchen of Executive Chef Jessica VanRoo

Pumpkin Seed and Cashew Crusted Salmon with Herbed Cauliflower Rice

Serves 4

Salmon

- 2 tablespoons Dijon mustard
- 1 tablespoon avocado oil
- 2 teaspoons honey
- ¼ cup rolled oats
- ¼ cup pumpkin seeds
- ¼ cup cashews
- 4 (6-oz) salmon fillets / 4 (6-oz) cod
- Salt and pepper

Herbed Cauliflower Rice

- 2 teaspoons avocado oil
- 8 oz riced cauliflower, not frozen, or ½ head of cauliflower “riced”
- ½ tablespoon minced garlic, about 1-2 large cloves
- ½ cup chopped fresh herbs like parsley, cilantro and basil
- 1 tablespoon lemon juice or more to taste

Sauce

1. For salmon: Preheat your oven to 400 degrees and line a baking sheet with foil or parchment paper.
2. Combine the Dijon mustard, oil and honey in a small bowl.
3. In a food processor, combine the oats, seeds and cashews, and blend until you get a nice crumbled texture.
4. Spread the Dijon mixture evenly over the four salmon fillets. Top the salmon with the nut-oat mixture and press down to ensure it stays on.
5. Bake the salmon for 8-10 minutes per inch of thickness.
6. To make the cauliflower rice: Heat a pan over medium-high heat. Once the pan is hot, coat it with the oil. When the oil is hot, add the cauliflower and garlic and cook for about 7-8 minutes or until cauliflower begins to brown — season with salt and pepper. Remove from the stove, and stir in the chopped herbs and lemon juice. Serve with salmon.