

Coconut Crusted Salmon

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Ingredients:

- 2 salmon filets
- 1 egg
- 1/4 cup almond or coconut flour
- 2 tbsp coconut flakes (unsweetened)
- 1 tsp cumin
- 1 tsp paprika
- 1 tsp dried oregano (or other preferred herbs)
- Salt & pepper, to taste

Preparation:

1. Preheat oven to 350F. Line a shallow baking tray with parchment paper.
2. In a shallow bowl, whisk egg until yolk and white is combined.
3. In another shallow bowl, combine flour, flakes and seasonings.
4. Dip filets in egg, then seasonings. Lie coated filets on baking tray. Top with leftover egg mixture and more seasoning/flakes.
5. Bake until coating is golden brown & salmon is cooked through (approx. 25 minutes, depending on oven).

Serve with a leafy green salad, sliced tomatoes and a lemon wedge. Classy!