

Macadamia Baked Salmon

Serves 4

4 x salmon fillets

2/3 cup macadamias, roughly chopped

1 lemon, zest and juice

1/2 cup parsley, finely chopped

1 teaspoon salt

1 egg white, lightly beaten

2 tablespoons butter, melted

Mixed garden salad to serve with



Preheat the oven to 180°C. Place the salmon fillets in a baking dish. Combine the macadamias, lemon zest, lemon juice, half of the parsley, salt, egg white and butter in a bowl and then top each of the salmon fillets with the mixture. Bake for 20minutes or until the salmon is just cooked through.