

Potato Crusted Salmon Fillets

Crisp golden brown potatoes create a lacy exterior crust that surrounds a moist and flavourful salmon fillet. Serve this recipe with crunchy green beans tossed with chopped tomatoes to add some colour to your plate.

1 each small round white and red Ontario Potatoes, scrubbed
2 tbsp (25 mL) vegetable oil
1/2 tsp (2 mL) ground cumin
1/4 tsp (1 mL) each salt and pepper
3 tbsp (45 mL) chopped fresh Italian parsley
1 tsp (5 mL) grated lemon rind
4 boneless skinless salmon fillets (about 1 1/2 lb/750 g total)
2 tbsp (25 mL) butter
4 lemon wedges

Grate potatoes on coarse side of cheese grater into bowl. Squeeze potato and discard liquid. Using fork, toss potatoes with oil, cumin and half each of the salt and pepper.



In small bowl, combine parsley, lemon rind and remaining salt and pepper. Rub parsley mixture all over salmon. Coat salmon fillets on both sides with potato mixture, pressing firmly to cover.

In large nonstick skillet heat butter over medium high heat and panfry fillets for about 4 minutes or until golden brown on one side. Turn over and cook for 3 minutes. Transfer fillets to parchment paper lined baking sheet and roast in 425 F (220 C) oven for about 8 minutes or until golden brown and fish fillet is firm.

Serve with lemon wedges.

Per serving: 410 calories, 39 g protein, 25 g fat, 6 g carbohydrates, 1 g fibre, 270 mg sodium, 1070 mg potassium

Excellent Source of Omega-3 and Omega-6 Fatty Acids, Excellent Source of Vitamin B3, Good Source of Vitamins B1 and B2, Source of