
Wasabi Pea Crusted Salmon

Description

Wasabi peas are usually eaten as a snack. They're crunchy, spicy and pack some heat but Chef Ryan uses them as a crust to this salmon dish that definitely adds a different dimension to your usual baked salmon. Enjoy this recipe with steamed rice and grilled or roasted vegetables.

Total time: 45 min Yield: 4 Servings

Ingredients

1/4 cup wasabi coated peas (1 tablespoon per fillet)
4 salmon fillets (skinless; 6 oz. each)
salt
pepper
1/4 cup mayonnaise
1 lemon (zested)
2 tsp ginger (finely grated)
1 tsp garlic (finely grated)
2 tsp wasabi paste
cooking spray

Prep Time: 30 min Cooking Time: 15 min Total Time: 45 min

Instructions

Preheat oven to 450° F. Cover a baking sheet in heavy-duty foil and then coat with cooking spray. Blend wasabi peas in food processor until coarsely ground. Season salmon with salt and pepper on both sides then place on the baking sheet. In a small bowl, mix mayonnaise, lemon zest, ginger, garlic, wasabi paste, ¼ tsp. salt ¼ tsp. pepper. If a milder dish is preferred, use a smaller amount of wasabi paste. Spread about one tablespoon of the mayonnaise mixture on top of each seasoned salmon filet, followed by one tablespoon of wasabi peas. Bake in the oven for 12 to 15 minutes. Enjoy with your favorite side dish.

Recipe brought to you by:

Chef Ryan Covert

Source:

Chef Ryan Covert
