



ALLERGIES:

No grains
No dairy
No eggs
No gluten
Low disaccharides

Prep time: 5 minutes

Cook time: 15 minutes

Serves: makes 1.5 cups

INGREDIENTS

- 2 tbsp coconut oil
- 2 fillets salmon (skin on)
- ½ cup pecans
- ½ cup almonds
- 2 tbsp pepitas
- 3 tbsp coriander seeds

DUKKA COATED SALMON



- 1 tbsp cumin seeds
- 1 tsp fennel seeds
- 3 tbsp sesame seeds
- 1 tbsp smoked paprika powder
- 1 tsp pink rock salt
- 1 tsp ground black pepper

METHOD

- In frying pan, dry roast pecans, almonds and pepitas, (3-4 minutes).
- Place into blender, do not blend yet.
- In a dry pan, roast the coriander seeds, cumin seeds, fennel seeds and sesame seeds for about 2 minutes and add to the blender.
- Pulse the blender twice, do not over blend as it needs to be chunky, not powder.
- Add paprika, salt and pepper, and pulse blender once more.
- Keep in an airtight jar once cooled.
- Place 1 tbsp dukka onto a plate, and press firmly onto the salmon (not skin side).
- Heat coconut oil in frying pan and cook (skin side down) until crisp, 3-5 minutes, then turn gently and cook a further 2-3 minutes until to your liking.
- Serve hot with salad or vegetables of choice.

NOTE I prefer coconut oil, but olive oil is fine to use.