

Cashew-Crusted Salmon Skewers Recipe

Ingredients

- 8 skinned center-cut salmon fillets, pin bones removed
- ½ cup ground raw cashews
- 2 Tbsp raw sesame seeds, white or black
- ¼ tsp salt plus more to taste
- 1 Tbsp tahini
- 2 tsp fresh lemon juice
- 1½ Tbsp coconut oil
- 1 Tbsp sliced green onions, white and green parts
- 1½ tsp sesame oil
- 2 lemon wedges, for serving



Preparation

- Cut salmon into six equal pieces. Combine cashews, sesame seeds and ¼ tsp salt in a shallow, wide bowl. In another small bowl, whisk 1½ Tbsp water, tahini and lemon juice. Season with salt.
- Toss salmon in tahini mixture until evenly coated. Dredge salmon in nut mixture to coat evenly.
- In a medium nonstick skillet, heat coconut oil over medium until hot but not smoking. Cook salmon 8 minutes or until golden brown on all sides, turning to cook evenly. Remove from pan; cool slightly.
- Gently skewer each salmon piece securely on a 4-inch bamboo skewer (so it resembles a lollipop). Sprinkle with onions, drizzle with sesame oil and serve with lemon wedges.