

# Pecan crusted Salmon filets



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## Ingredients:

2 portions salmon filet

30 g chopped pecans

15 g chopped fresh parsley

6 g minced garlic

30 ml olive oil

Coarse salt

Black pepper

Lemon

## Workflow:

1. Defrost the salmon filets.
2. Preheat the oven to 4D HotAir on 190°C.
3. In a small bowl, combine: 30 grams chopped pecans, 15 grams chopped fresh parsley, minced garlic, 30 ml olive oil, coarse salt, black pepper
4. Spread the topping evenly over the salmon filets.
5. Bake the salmon for 20 minutes, or until the fish is fully cooked and easily flakes with a fork.

## Setting procedure:

4D HotAir 190°C  
Cooking time : 20 mins

4D HotAir

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