

# PAT'S PARMESAN HERB PANKO CRUSTED SALMON



“One of the very nicest things  
about life is the way we must  
regularly stop whatever it is we  
are doing and devote our  
attention to eating.”

– Luciano Pavarotti

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DEAL**

## *Ingredients*

2 - 6 oz	Atlantic salmon filets
4 oz	panko mix (panko ingredients - oregano, basil, panko breadcrumbs, parmesan cheese)
2	eggs
1 cup	raw quinoa
3 oz	broccoli florets
3 oz	cauliflower florets
1	lemon
2 oz	flour

*Amounts prepared are for two servings*

*676 Calories per portion*

## *Mise en place*

For your convenience the raw ingredients including the pork, have been fully prepped. You will need to wedge the lemon.

## *Quinoa preparation*

Place 2 cups of cold water in a pot and add the quinoa. Bring to a boil and reduce to a low simmer. Cook until liquid is absorbed. Fluff with a fork, cover and let stand off of the heat.

## *Final preparation*

Arrange 3 bowls for breading. Add flour to first bowl. Add eggs and 2 oz milk to the second bowl. Whisk until completely frothed. Add the panko to the third bowl.

Place the salmon in the flour bowl, completely coat and lightly tap to remove excess flour.

Move the salmon to egg wash bowl and coat evenly. Lastly move to panko bowl, completely coating and gently tapping to remove excess.

In a large skillet, add 2 oz oil. Heat on medium high, add salmon and Brown both sides of filet, approximately 1 minute each side.

Lastly, place Salmon on baking sheet with parchment paper, and bake in pre heated 350 degree oven for approximately 10 minutes.

Vegetables can be steamed or boiled in hot water until tender. Lightly season with salt and pepper

If desired, squeeze lemon over salmon and vegetables.

Plate and enjoy!

Prepared and packaged at  
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