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The Healthy Chef – Teresa Cutter

Roasted Salmon with Walnut Pesto

Posted by [Teresa Cutter](#) on Monday, August 15, 2011 · [5 Comments](#)

This is a recipe of mine that was in the Sun Herald a few weeks ago. It's a simple dish I often make for my dinner served either with steamed green vegetables or a leaf salad. I tastes great and only takes 10 minutes to make. The walnut pesto will go with just about anything – I love it with pan roasted salmon or as a dip with vegetable crudities; and it's great folded through zucchini noodles or folded through quinoa with extra lemon and a tin of sardines.

You need omega 3's because they are critical to optimum health. You're body can't make omega 3 on it's own so we need to get it from the foods we eat. EFAs support the cardiovascular, reproductive, immune, and nervous systems. The human body needs EFAs to manufacture and repair cell membranes, enabling the cells to obtain optimum nutrition. Essential Fatty Acids are needed for proper growth in infants and children, particularly for neural development, responsible for the optimum function of the retina, mental development including membranes structure and function and brain. The walnut in this pesto are high in omega 3 and protein, which also helps to keep you full, repair muscle and protect your immune system. Parsley and mint is high in folate and minerals help to alkalize the body. The American journal of clinical nutrition states that alkalizing diets improve bone density and serum growth hormone concentrations.

For the pesto

100g walnuts
½ cup tightly packed parsley leaves
½ cup tightly packed mint leaves or basil
1/4 cup cold pressed oil (olive oil, walnut or flaxseed oil)
juice and zest from 1 lemon
a little Sea salt and freshly ground black pepper

2 x 175 g salmon fillet

Combine the walnuts, parsley, lemon juice, zest, olive oil, sea salt and pepper into a good high speed blender like a vitamix. You can have your pesto as smooth or as chunky as you like – I like mine a little chunky with lovely bits of walnuts.

Store covered in the fridge for up to one week. Serves 12

Sear salmon – skin side down for about 3 minutes in a pan and season with a little salt and pepper.

place into the oven to finish cooking 180 C. for another 5 minutes. Salmon should still be a little pink in the middle.

Serve with leafy greens or steamed green veggies.

Dollop over 1 heaped teaspoon pesto and enjoy.

Nutrition info with 1 teaspoon walnut pesto

Protein: 35.4 g

Fat: 23.2 g

Carbs: 0.3 g

calories: 349

Serving suggestion: Use as a healthy spread on whole grain sourdough or wrap in place of butter and enjoy with fresh sliced tomato, roasted pumpkin, hummus and baby spinach.



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