

# NORDIC-STYLE BAKED SALMON WITH HONEY AND ALMONDS

The official recommendation in Denmark is that you should eat fish at least two times a week. While cooking fish can sometimes feel intimidating, this Nordic-style baked salmon with honey and almonds is flavorful, easy and very healthy. Done in only 25 minutes, the sweetness from the honey and the crunch from the chopped almonds perfectly complements the delicious salmon.

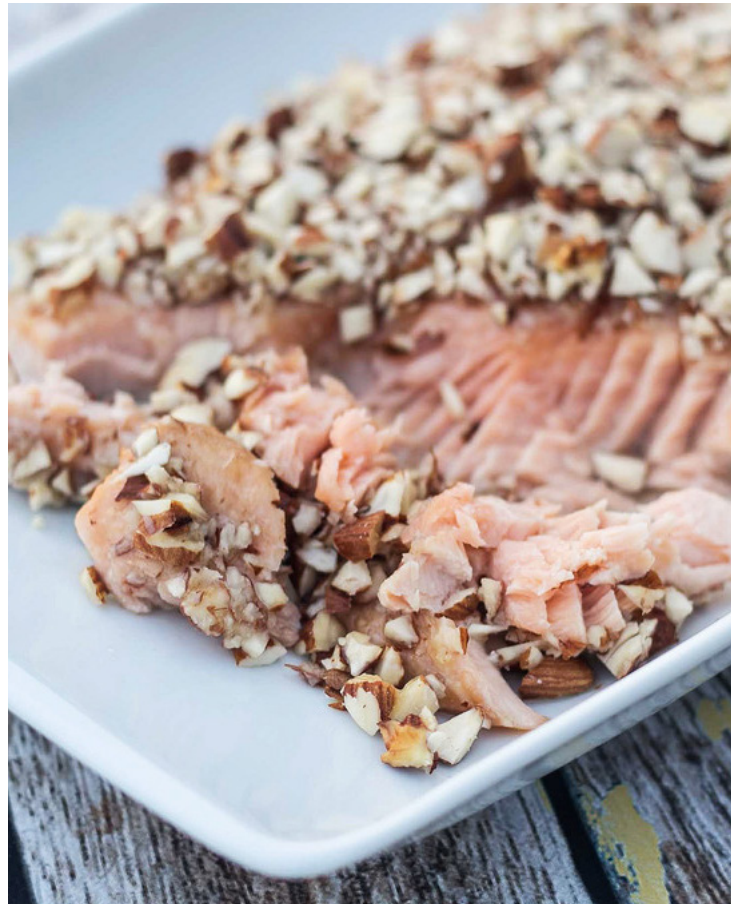
**Prep Time:** 5 min | **Cook Time:** 20 min | **Total Time:** 25 min  
**Serves:** 4 | **Author:** NordicFoodLiving.com

## INGREDIENTS

2 lb Salmon Fillet with Skin  
3 oz Almonds  
2 tbsp Honey  
Salt

## INSTRUCTIONS

1. Place the salmon fillet, skin side down, in an oven proof dish.
2. Coarsely chop the almonds.
3. Distribute the honey on the salmon fillet.
4. Season with salt and then sprinkle the chopped almonds on the honey coated fillet.
5. Bake the salmon fillet for about 15-20 minutes at 400 F. The salmon is done when the meat turns light pink and easily falls apart.
6. Serve with a delicious fresh salad and some freshly baked bread.



## CABBAGE CARROT APPLE SALAD

This salad is a perfect healthy side-dish for most meat. The ingredients in the dressing, pairs perfectly together with the crisp and bitter cabbage, carrots and apples. Topped with crunchy almonds and sesame seeds, you'll want to have this Nordic inspired side dish around all year long.

**Prep Time:** 10 min | **Total Time:** 10 min  
**Serves:** 3 | **Author:** NordicFoodLiving.com

## INGREDIENTS

1/2 Pointed Cabbage, finely shredded (aka cone, sweetheart, sugarloaf, or hispi cabbage)  
2 Carrots, finely shredded/grated  
1-2 Apples, diced  
2 ounces Almonds, coarsely chopped  
1½ tbsp Sesame Seeds

## DRESSING

1 tbsp Olive Oil  
1 tbsp Honey or Apple Syrup  
1½ tbsp White Wine Vinegar or White Balsamic  
Salt to taste  
Pepper to taste

## INSTRUCTIONS

1. Remove the outer leaves of the pointed cabbage and finely shred half of it.
2. Peel the carrots and coarsely grate them.
3. Rinse the apples in cold water, and finally dice them.
4. Coarsely chop the almonds and toast them together with the sesame seeds for a couple of minutes on a hot and dry frying pan.
5. In a small bowl, add the ingredients for the dressing and mix.
6. Place the prepared salad ingredients into a salad bowl and mix gently.
7. Pour the dressing over the salad right before serving it.