
THE
CrossFit*kitchen*



COCONUT-CRUSTED SALMON

overview

It's out of the frying pan and into the oven for these delicious fish.

blocks per salmon portion (5 ounces)

3 protein blocks

3 fat blocks

ingredients

- 2 5-ounce portions of salmon
- 2 eggs, beaten
- 2 cups shredded, unsweetened coconut (or chopped almonds, hazelnuts, pecans, etc.)
- 2 tbsp. coconut oil

directions

1. Heat coconut oil over medium-high heat.
2. Dip salmon pieces into the egg, then press them into the coconut/nut mixture. Sprinkle the mixture on top of the salmon as well and press it in firmly.
3. When the oil is very hot, gently lay the salmon in it. Once you place the salmon, don't move it until it is time to flip it—2 to 3 minutes, when the coconut begins to brown.
4. Cook the opposite side for another minute, then put the pan directly into an oven preheated to 400 F. If you do not have ovenproof pans, you may place the salmon on a baking sheet to finish cooking. Depending on how thick your pieces are, they could take 3 to 8 more minutes. You can tell when the salmon is done by poking along the edge of the thickest part to see if the layers are flaky.