

Chia-crusted salmon

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Chia-crusted salmon

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Enjoy the health benefits of chia seeds and Omega-3 in this delicious salmon recipe.

Ingredients (serves 4)

- 1 tbsp [chia seeds](#)
- 1 tsp mustard seeds
- 1 tbsp chopped fresh dill
- 2 tbsp chopped fresh parsley
- 1 garlic clove
- Zest of 1 lemon
- 3 tbsp lemon juice
- 1 spring onion/scallion, sliced
- 1 tbsp olive oil
- ½ cup quinoa flakes
- Sea salt and cracked pepper to taste
- ½ cup mixed seeds
- 4 small [salmon](#) fillets
- Lemon and baby spinach, to serve

METHOD

Chia-crusted salmon

Preheat oven to 180°C. Line a baking tray with baking paper.

Blend all ingredients, except salmon, until chunky, being careful not to puree. Spread mixture over the salmon and bake for 15 to 20 minutes until the topping is golden and crusty.

Serve on a bed of baby spinach with lemon wedges.

Looking for more recipes with chia? Try these [mini chia cheesecakes!](#)

Recipe from *Cooking With Chia* by Nicky Arthur.

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