

BAKED SALMON NUGGETS WITH ROASTED CARROTS

Prep: **5-10** minutes | Cook Time: 15-20 minutes | Servings: **4-6**

INGREDIENTS

1 pound skinless salmon fillets, about 4 pcs
1 pound carrots peeled and cut into 1-1/2 inch pieces
1 cup grated Parmesan cheese
1 cup panko breadcrumbs
1/2 cup all-purpose flour
1 tablespoon coconut oil melted
1/2 teaspoon salt
3 eggs
sea salt to taste
fresh ground pepper to taste



INSTRUCTIONS

Preheat the oven to 450 degrees Fahrenheit. Place a cookie cooling rack on top of a baking sheet or line the baking sheet with parchment paper. Pat dry the salmon fillets with paper towels. Remove the skin if necessary and cut them into 1" nugget-shaped pieces. Line up 3 bowls or breading trays. In one bowl combine the flour, salt and pepper. In another bowl, whisk the eggs. And in the third bowl, combine the parmesan cheese with the breadcrumbs. Coat the salmon pieces in the seasoned flour and shake them to remove any extra flour. Dip into the egg bowl and then the Parmesan mixture, gently pressing the panko-parmesan mixture into the fish. You want a nice coating for this. Place the breaded salmon pieces on the prepared baking sheet. Spray olive oil over all the salmon pieces or use a brush to give them a light coat of olive oil. Toss carrots with coconut oil. Add salt pepper to taste. Bake the salmon nuggets for 15 to 20 minutes until they're nice and golden brown. If the nuggets are directly on parchment paper and you want both sides of the nuggets to crisp up, remove them from the oven halfway through, flip them, spray the second side and finish cooking them. Roast carrots on a rimmed baking sheet for 20 minutes or until tender and start to caramelize. Serve with your choice of condiment and enjoy!