



# Fennel Crusted Salmon

## With Chive Yogurt Sauce

In Sweden, fish is served in abundance for holiday dinners. Salmon is normally served as an appetizer, but here is a dish you can enjoy as your main course.

Makes 10 Servings

### Ingredients

- 2 cups plain whole-milk Greek yogurt
- ¼ cup chopped fresh chives
- 2-3 cloves garlic, minced
- 1 tsp sea salt + additional to taste
- Black pepper, to taste
- 1 3¼-pound whole side of salmon, skinned (about 1½ inches thick at thickest part)
- 1 tbsp olive oil
- 2 tbsp fennel seeds, lightly crushed with a mortar and pestle
- 1 lemon, sliced, for garnish

### Steps

1. In a medium bowl, combine yogurt, chives, garlic, salt, and pepper. Transfer to a serving dish, cover, and set aside in the refrigerator. This can be done up to 3 days in advance.
2. Line a large rimmed baking sheet with parchment. Arrange salmon, skinned side down on the sheet. Brush with oil and sprinkle with fennel seeds and 1 tsp each salt and pepper. Cover and set aside in the refrigerator. This can be done up to 2 days in advance.
3. Set salmon at room temperature for 30 minutes. Meanwhile preheat oven to 400° F.
4. Bake salmon until barely cooked through (about 25 minutes).
5. Use parchment to transfer salmon to serving platter. Cut crosswise into pieces and garnish with lemon. Serve yogurt sauce on the side or drizzle over top.

### Nutrition Information

243 Calories | 4g Carbohydrates | 9.5g Fat | 3g Saturated Fat | 1g Fibre | 34g Protein | 308mg Sodium | 2g Sugar

Source: [www.cleaneatingmag.com](http://www.cleaneatingmag.com)