

Lime Salmon Fillet

TASTE CHANGES

5 Min. Prep | 20 Min. Cook
Makes 1 Serving

Ingredients

- 2 tsp ginger
- 1 Tbsp olive oil
- 1/2 lime, thinly sliced and quartered
- 1/4 tsp red pepper flakes
- 1 cucumber
- 1/2 Tbsp coconut aminos
- 3 oz fillet salmon
- 10 spears asparagus

Directions

1. Peel and grate (or very finely chop) the ginger. Heat 1 tablespoon of olive oil in a small sauce pan. Add the ginger and cook for 1 minute, being careful that the ginger does not burn.
2. Take off the heat and put into a bowl, add the sliced lime, red pepper flakes, cucumber, and coconut aminos.
3. Heat a nonstick grill pan. Add asparagus and grill under tender and lightly charred; approximately 5-7 minutes. Remove and add to the plate.
4. Using the same pan, brush the salmon with a little bit of olive oil to prevent it from sticking to the pan.
5. Season with pepper. Depending on the thickness of the salmon, cooking time will vary from 8-15 minutes. Check with a fork to ensure that the salmon is cooked through.



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Directions cont.

6. Arrange the salmon on the plate next to the asparagus. Pour the sauce over the salmon.

Notes

Enjoy as a lunch or dinner entrée.

Additional benefits:

- Rich source of omega-3's to support brain function and health.
- Excellent source of lean protein to support energy levels

Nutrition Info

340 calories, 24g protein, 19g total fat, 3g saturated fat, 275mg sodium, 23g carbs, 6g fiber, 0g added sugars

