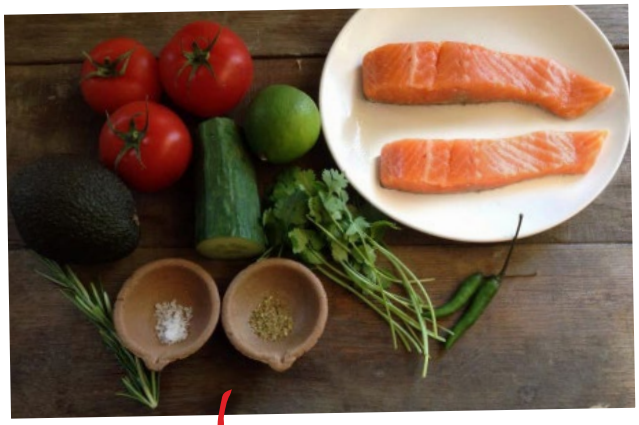
Salmon with a spicy salsa

3 ripe tomatoes, chopped quite finely
50g cucumber, diced finely
juice of ½ a lime
small handful of fresh coriander, chopped finely
100g ripe avocado, chopped finely
1-2 red or green finger chilli peppers
2 tsps ghee or coconut oil
2 x 170g salmon fillets
sprig of fresh rosemary
pinch of sea salt
½ tsp dried oregano

SERVES 2



Mix the tomatoes, cucumber, lime juice, coriander, avocado and chillis thoroughly in a bowl.

Melt the ghee / oil in a frying pan over a medium / high heat.

Add the salmon fillets, skin side down. Add the rosemary to the pan and sprinkle the salt and oregano over the salmon.

Cook for 5 minutes, until the salmon skin is crispy.

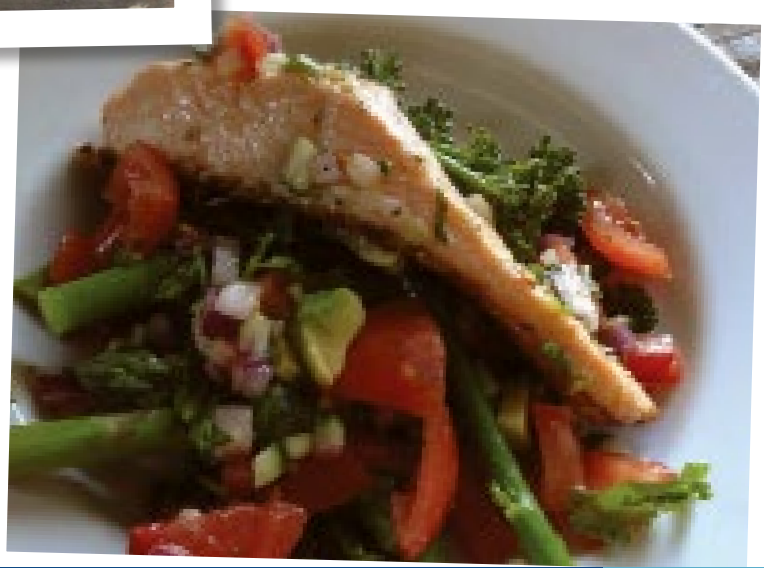
Turn the fillets carefully onto their side and cook for a further 2-3 minutes, until the salmon flesh is cooked throughout. It should be a pale pink colour when cooked.

Serve the salmon topped with the spicy salsa.

Store any leftovers in an airtight container and refrigerate for up to 3 days.

Serving suggestion:

Accompany with steamed vegetables.



PER SERVING:
506 Calories
6g Carbs
35g Protein
38g Fat