



Baked Salmon with Coconut Creamed Leeks

Active Time: 15 minutes | **Total Time:** 15 minutes | **Serves:** 1

Nutrition Information Per Serving

536.2 calories, 15.27 g carbohydrate, 1.67 g fiber, 13.6 g NET carbs, 36.07 g protein, 37.73 g fat

Ingredients

- 1/2 tsp(s) Real Salt
- 1 clove garlic, minced
- 1 cup sliced organic leeks (white parts only)
- 6 ounce(s) wild caught salmon filet
- 4 Tbsp(s) coconut milk
- 1 Tbsp virgin coconut oil

Preparation

1. Preheat oven to 375 degrees F.
2. Lay the salmon on a baking sheet, brush with half the oil and season with salt.
3. Bake for 12-15 minutes, until cooked to your liking.
4. While fish is cooking, heat a skillet over medium heat.
5. Add remaining oil and the garlic and cook for 1 minute.
6. Add the leeks, and cook until soft and just beginning to brown. Stir in the coconut milk and turn off the heat.
7. Serve the fish with the leeks.

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