



Pan Seared Salmon and Creamed Leeks with Spinach

Active Time: 5 minutes | **Total Time:** 15 minutes | **Serves:** 2

Nutrition Information Per Serving

600 calories, 15.28 g carbohydrate, 2.26 g fiber, 13.02 g NET carbs, 47.43 g protein, 39.79 g fat

Ingredients

- 1/2 tsp(s) Real Salt
- 8 Tbsp(s) Aroy D Coconut Milk
- 2 whole(s) organic leeks, sliced
- 2 Tbsp(s) virgin coconut oil
- 16 ounce(s) wild salmon
- 2 cup(s) organic baby spinach

Preparation

1. Heat a skillet over medium heat.
2. Add half the oil and the leeks and cook until soft.
3. Add the spinach.
4. Season with salt and add the coconut milk.
5. Stir and turn off the heat.
6. Heat a separate skillet until very hot and add the remaining oil.
7. Season the salmon with salt and add it to the skillet, flesh side down.
8. Cook until fish lifts easily from the pan and flip.
9. Continue cooking until well browned and cooked through.
10. Serve with the spinach and leeks.

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