



Seared Salmon and Creamy Cucumber Salad

Active Time: 10 minutes | **Total Time:** 10 minutes | **Serves:** 1

Nutrition Information Per Serving

599 calories, 13.21 g carbohydrate, 2.87 g fiber, 10.34 g NET carbs, 36.2 g protein, 45.78 g fat

Ingredients

- 4 Tbsp(s) Aroy D Coconut Milk
- 1/2 tsp(s) Real Salt
- 1 medium organic cucumber, sliced
- 1 small organic red onion, sliced
- 6 ounce(s) wild caught salmon
- 1/2 tsp(s) fresh ground pepper, to taste
- 3 tsp(s) sesame oil
- 2 tsp(s) virgin coconut oil
- 1/2 tsp(s) organic lime juice

Preparation

1. Combine the sesame oil, coconut milk, and lime juice in a large bowl.
2. Whisk well and add the cucumbers and onions.
3. Toss well to coat the vegetables and season with salt and pepper.
4. Season the salmon with salt and pepper.
5. Heat the coconut oil in a skillet until hot.
6. Add the salmon and sear until cooked to your liking.
7. Serve with the cucumbers.

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