Keto Seared Salmon and Creamy Cucumber Salad

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

Nutrition Information Per Serving

727.8 calories, 10.43 g carbohydrate, 2.5 g fiber, 7.93 g NET carbs, 35.21 g protein, 62.55 g fat

Ingredients

- 2 Tbsp(s) Primal Kitchen Mayonnaise
- 6 ounce(s) wild caught salmon
- 1/4 tsp(s) fresh ground pepper, to taste
- 1/4 tsp(s) sea salt
- 3 tsp(s) sesame oil
- 1 medium organic cucumber, sliced
- 1 Tbsp virgin coconut oil
- 1/2 medium(s) organic red onion, sliced
- 1/2 Tbsp(s) lime juice

Preparation

1. Combine the sesame oil, mayo, and lime juice in a large bowl. Season with half the salt and pepper.
2. Stir in the cucumbers and onions and toss to coat.
3. Pat salmon dry and season with remaining salt and pepper.
4. Heat the coconut oil in a safe skillet until shimmering.
5. Add the salmon, slesh side down and cook 1-2 minutes; flip and cook to desired temperature.
6. Serve with the cucumbers.

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