



ALLERGIES:

No grains
No dairy
No eggs
No gluten
No nuts

Prep time: 10 mins

Cook time: 15 MINS

Serves: 2

INGREDIENTS

• **SAUCE**

- 2 tbsp olive oil
- 3 cloves garlic, crushed
- ¼ cup vegetable stock
- Juice of 1 lime
- 2 pinches pink rock salt

• **SALMON**

- 1 tbsp coconut oil
- 2 fillets salmon
- 1 tbsp parsley, chopped finely
- 1 finger lime (optional, or lime juice)

METHOD

• **SAUCE**

- In a saucepan, heat olive oil.
- Add garlic and cook stirring for 2 minutes.
- Add vegetable stock, lime juice and salt and reduce heat to simmer.
- Allow to simmer until reduced to half, while starting on the fish.

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• **SALMON**

- Heat coconut oil in frying pan to medium high.
- Sprinkle salt and pepper onto salmon, and place (skin down) into heated pan.
- Cook 3-4 minutes until skin is crisp, then gently turn.
- Cook a further 2-3 minutes on this side, until cooked to your liking.
- Remove from pan, place onto serving plate and spoon sauce over the top.
- Garnish with parsley and finger lime or lime juice.

SALMON WITH GARLIC SAUCE

