



ALLERGIES:

No grains
No dairy
No eggs
No gluten
No nuts

Prep time: 10 mins

Cook time: 10

Serves: 2

SALMON AND AVOCADO SALSA



INGREDIENTS

- **SALMON**

- 1 tbsp coconut oil
- 2 medium salmon fillets (skin on)
- Pink rock salt
- Ground black pepper
- **Optional** 1 bunch asparagus (cooked)

- **SALSA**

- 1 medium avocado, finely diced
- 1 cheek red capsicum, finely diced
- 1 small tomato, finely diced
- ½ small red onion, finely diced
- ¼ cup coriander leaves, chopped
- 2 tbsp lime juice
- Salt and pepper to taste

METHOD

- Heat coconut oil in frying pan to medium high heat.
- Salt and pepper salmon pieces and add to hot oil, skin side down.
- Cook 3-4 minutes, then gently turn and repeat cooking time.
- Serve with salsa.
- **Salsa:**
- In a medium bowl, combine all salsa ingredients and stir gently.
- Spoon over salmon, or next to it.
- Serve with lightly cooked asparagus.