

# Low-carb Salmon Served with Pesto



Relish the crisp-skinned baked salmon fillet topped with fresh green pesto delight!

## Ingredients for 2 serving (US/Metric)

- 600g / 21.2oz **Salmon, raw**
- 2.5 *pieces* **Garlic Cloves**
- 1.5 *tbsp* **Olive oil**
- 70g / 2.5oz **Cilantro**
- **Lime juice**
- 3.5 *tsp* **Cooking oil**
- **Salt & pepper to taste**

## Nutrition (US/Metric)

- **Protein:** 32%
- **Fat:** 67%
- **Net carbs:** 1%

## **Instructions**

1. Prepare the pesto by blending the garlic cloves with fresh cilantro leaves, olive oil, & lime juice into a smooth semi-liquid paste.
2. Prep the salmon fillet by seasoning it with salt & pepper on both sides.
3. Set the oven for preheating at 475F.
4. Meanwhile, place an oven-proof frying pan on the stove over high heat.
5. Once the pan is nice and hot, drizzle the olive oil. Place the seasoned salmon fillet (skin-side down). Fry for 5 minutes over high heat.
6. Put the pan (along with the salmon) into the preheated oven. Bake for 3 minutes.
7. Finally, transfer the baked salmon fillet into a dish. Serve by spooning the pesto on top of the fish.