

Salmon and Herb Ricotta Caponata



This Salmon and Herb Ricotta Caponata is a delightful blend of rich salmon and a savory vegetable caponata, topped with herbed ricotta. It's an elegant, nutritious, and keto-friendly lunch that impresses with its flavors and ease of preparation.

Ingredients for 2 serving (US/Metric)

- **Salmon fillets**
- **Eggplant**
- **1 pieces Zucchini**
- **155g / 5.5oz Red Bell Pepper**
- **Ricotta cheese**
- **9.5 tsp Herb Mix**
- **5 tbsp Olive oil**
- **38g / 1.3oz Red Onions**
- **Capers**
- **Vinegar**
- **Salt & pepper to taste**

Nutrition (US/Metric)

- **Protein: 32%**

- **Fat:** 57%
- **Net carbs:** 10%

Instructions

- **Preheat Oven:** Preheat the oven to 400°F (200°C).
- **Prepare Vegetables:** Heat a tablespoon of olive oil in a large skillet. Sauté red onion, eggplant, zucchini, and bell pepper until softened, about 10 minutes. Stir in capers and vinegar, cook for another 2 minutes. Season with salt and pepper.
- **Cook Salmon:** While vegetables are cooking, brush salmon fillets with olive oil and season with salt and pepper. Place in the oven and bake for 12-15 minutes, or until cooked through.
- **Mix Herbed Ricotta:** In a small bowl, mix ricotta with chopped herbs.
- **Serve:** Serve salmon on a bed of vegetable caponata, topped with a spoonful of herbed ricotta.