



Coconut Lime Salmon

Prep Time 20 mins
 Total Time 40 mins
 Meal Type Lunch, Dinner
 Contributed By



Source Living Plate Teaching Kitchen

Servings 4



Ingredients

lb,c g,ml

- 1 1/2 lb salmon fillets, *cut into equal servings*
- 1/4 tsp salt
- 1/4 tsp pepper
- 1 Tbs coconut oil
- 1/2 cups onion, red, *chopped*
- 1/2 bell pepper, red, *cut into strips*
- 1 zucchini, *chopped*
- 1 cups vegetable broth
- 2 limes for 2 tablespoons lime juice
- 1/4 cups cilantro, fresh, *chopped*
- 1/2 tsp red chili flakes
- 1/2 cups coconut milk, canned
- 2 Tbs soy sauce
- 2 cups spinach, *chopped*

Directions

Prep

1. Chop red onion, cilantro, zucchini, and spinach leaves.
2. Cut pepper into strips.
3. Juice lime.

Make

1. Melt coconut oil in a large skillet over medium-high heat. Add salmon filets skin side up and sear filets until they remove easily from the skillet, about 5 minutes. Remove from skillet.
2. To sauté pan, add onion and cook until soft.
3. Add pepper, zucchini, broth, lime juice, cilantro, and chili flakes to skillet and bring to a boil. Reduce to a simmer and cook for 5 minutes. Add coconut milk and soy sauce and simmer for an additional 5 minutes.
4. Return salmon to skillet and nestle into vegetables. Simmer until fillets are completely cooked through - about another 5-7 minutes. Remove from heat.
5. Add chopped spinach to skillet and cover for a few minutes until softened.
6. Serve with extra lime wedges.

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "-" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Calories per serving 410		Total Fat 25.0g	38%	Total Carbohydrates 10g	3%
		Saturated Fat 13.8g	68%	Dietary Fiber 2g	9%
		Trans Fat 0.0g		Total Sugars 4g	
		Cholesterol 94mg	31%	Protein 37g	
	Sodium 915mg	39%			
Vitamin D 0g 0% · Calcium 61mg 6% · Iron 3mg 17% · Potassium 1272mg 27%					

* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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