



SEARED SALMON & ASPARAGUS

With garlic, MCT oil lemon sauce



Ingredients

- 125g salmon fillet
- 1 bunch asparagus trimmed
- 1 tablespoon of MCT oil
- 1 tablespoon coconut oil
- 2 cloves garlic minced
- zest and juice of 1/2 lemon
- Salt and cracked black pepper to taste

Time

15 minutes

Serves

1

Calories

350 Per serving

Carbs

4.6g

Fat

16 g

Method

In a large pan add one tablespoon of coconut oil on medium heat. Add the salmon and asparagus then season with salt and pepper, and cook for about 3-4 minutes on one side.

Flip and cook for about 3-4 minutes on the other side. Add the garlic, MCT oil and lemon zest. Cook the garlic for just 1-2 minutes or until it begins to brown. Turn off the heat and squeeze half a lemon into the dish. Serve and enjoy.