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PALEO RECIPE

SALMON WITH AVOCADO SALAD

2 servings

INGREDIENTS

- 3oz Wild Salmon, sliced lengthwise, half inch
- 1 Avocado, deseeded, sliced or diced
- 4 cups Arugula or Mixed Lettuce, organic
- 1/4 cup Raw Pumpkin Seeds
- 2 Shiitake Mushrooms, sliced
- 1/2 cup cherry tomatoes, halved
- 2 Spring Onions, chopped
- 2 T Fresh Lemon Juice
- 1-2 cloves Garlic, crushed
- 1 T Virgin Coconut Oil
- 1 t Chili, flakes or fresh, *optional*
- Himalayan salt + cracked pepper



FRONT

INSTRUCTIONS

Melt coconut oil in a small frying pan on low heat. Add spring onions and stir to coat. Cover and allow them to cook slowly.

Meanwhile, arrange lettuce on plates and top with avocado. Drizzle with lemon juice and sprinkle salt + pepper on top. Add cherry tomatoes then lightly toss.

To the cooking onions, add pumpkin seeds, wild salmon, mushrooms, crushed garlic and optional chili. Stir to coat with oil mixture, evenly spacing out salmon. Reduce heat and cover for only a few minutes. Salmon is ready when pink just turns opaque.

Divide mixture evenly between salad plates then gently toss again with lettuce. Enjoy!



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