



Salmon with Parsley Sauce

2 servings

20 minutes

Ingredients

30 grams Parsley (finely chopped)
22 milliliters Lemon Juice
1 gram Sea Salt
59 milliliters Extra Virgin Olive Oil (divided)
280 grams Salmon Fillet
267 grams Purple Cabbage (sliced into thin wedges)

Nutrition

Amount per serving	
Calories	485
Fat	36g
Saturated	5g
Trans	0g
Polyunsaturated	7g
Monounsaturated	23g
Carbs	11g
Fiber	3g
Sugar	5g
Protein	30g

Directions

- 1 In a small bowl, add the parsley, lemon, salt and 3/4 of the oil. Stir to combine and set aside.
- 2 Add the remaining oil to a frying pan and place the salmon skin side down. Turn the heat up to medium, allowing it to cook slowly for about 4 minutes. Continue cooking over medium heat for about 8 to 12 minutes, depending on the thickness of the salmon.
- 3 Turn the salmon over and cook for one minute more. Remove and set aside. In the same skillet, add the cabbage and cook for about 2 to 3 minutes, until lightly browned.
- 4 Divide the cabbage onto plates, and top with the salmon. Drizzle the herb sauce over top. Enjoy!

Notes

More Flavour: Add minced garlic to the herb sauce.

Serving: Serve with steamed or boiled broccoli.