



Coconut Lime Salmon with Vegetables

Prep Time 20 mins
Total Time 40 mins
Meal Type Lunch,Dinner
Contributed By **LivingPlateRx**
Source Living Plate Teaching Kitchen



Servings 4

Ingredients

lb,c g,ml

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

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.

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	409	Total Fat 24.9g	38%	Total Carbohydrates 10g	3%
		Saturated Fat 13.8g	68%	Dietary Fiber 2g	9%
		Trans Fat 0.0g		Total Sugars 4g	
		Cholesterol 94mg	31%		
		Sodium 770mg	33%	Protein 37g	
Vitamin D 0mcg 0% · Calcium 60mg 6% · Iron 3mg 17% · Potassium 1270mg 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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