

# Good to Eat

Enjoy our series of quick, easy and delicious recipes to help you live the low carbohydrate lifestyle.

## Oven Baked Salmon

### Ingredients

*4 pieces of salmon, no skin*

*50 pistachios, shelled and crushed*

*½ knob of butter*

*½ tsp of crushed*

*garlic Dill*

*Pink*

*Salt 3*

*Limes*

### Method

1. Preheat oven to 180 degrees C.
2. Soften butter and mix dill, salt, garlic and crushed pistachios into a rough paste.
3. Place a large sheet of alfoil onto a baking tray and place salmon onto the sheet.
4. Spread the butter mixture onto salmon pieces and place 4 quarters of lime around the sides of the fish.
5. Wrap the foil so that it covers all the contents.
6. Place tray in the oven for 20 – 25 minutes.
7. Serve with lime.



Preparation Time: 10 minutes

Cooking Time: 25 minutes

Serves 4

For more recipes and information on living the low carbohydrate lifestyle find us at:

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