

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

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Serves 4

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