

RECIPE

Baked Salmon with Coconut Cream Sauce



Prep Time **10 minutes**

Cook Time **25 minutes**

Ingredients

Fish:

- Salmon filets (1 lb)
- Italian Seasoning
- Garlic Powder
- Olive Oil
- Salt

Sauce:

- Butter (½ Stick)
- Minced Garlic
- Italian Seasoning

- Vegetable Stock (8oz)
- Coconut Milk (8oz)
- Roux or thickener
- Lemon juice

Cooking tools:

- Baking Tray
- Aluminum Foil
- Medium Saucepan

Preparation

1. **Cooking the salmon:** Preheat oven to 400 degrees F. Lay aluminum foil on baking tray and rub on olive oil to prevent sticking.
2. Place salmon fillet on tray. Rub Olive Oil, Garlic Powder, Italian Seasoning, and Salt into fish. Place in oven for 20-30 min or until fish becomes flakey
3. **Cooking the sauce:** Melt butter on medium heat in saucepan. Add in Minced Garlic, Italian Seasoning, Vegetable Stock, and Coconut Milk
4. Cook until it begins to boil, and add thickener or roux until sauce is creamy. Add a dash of lemon juice.
5. **Finishing up:** Remove the fish from oven and drizzle sauce over. Garnish and enjoy with a fresh salad or side of your choice.

Tips

Get creative with your fish seasonings, try something new and tell us about it!

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