

One Pan Lemon & Chive Salmon

2 SERVINGS 15 MINUTES



INGREDIENTS

1/4 cup Extra Virgin Olive Oil (divided)
3 cups Purple Cabbage (sliced into thick wedges)
1/8 tsp Sea Salt (divided)
10 ozs Salmon Fillet
2 tbsps Chives (finely chopped)
1 1/2 tbsps Lemon Juice

NUTRITION

AMOUNT PER SERVING

Calories	469	Cholesterol	72mg
Fat	34g	Sodium	295mg
Carbs	11g	Vitamin A	1851IU
Fiber	3g	Vitamin C	82mg
Sugar	5g	Calcium	77mg
Protein	34g	Iron	2mg

DIRECTIONS

- 01 Heat a cast-iron skillet over medium heat and add 1/4 of the oil. Once hot, add the cabbage and sear on all sides, until charred, about five minutes total. Remove, set aside, and season with half the salt.
- 02 In the same skillet over medium heat add 1/4 of the oil. Season the salmon with the remaining salt, then add it to the pan skin-side down, cooking for about three minutes. Flip and cook for an additional one to two minutes, until the flesh is opaque throughout. Remove and set aside.
- 03 Meanwhile, in a small bowl, add the remaining oil, chives, and lemon juice. Mix to combine.
- 04 Divide the cabbage and salmon onto plates and top with the chive mixture. Enjoy!

NOTES

LEFTOVERS

For best results, store the salmon and chive mixture separately in sealed containers. Refrigerate the fish for up to three days.

MORE FLAVOR

Add red pepper flakes and black pepper to the chive mixture.