AMERICAN · LUNCH · DINNER

Avocado Salmon Salad with Lemon Dill Dressing

25 min · Serves 4 · 439 kcal a serve · Video 5:31 · Natashas Kitchen

Pescatarian · Gluten-free ingredients · Dairy-free · Nut-free

Each serve gives about 2.3 g of omega-3 fats, mostly from the salmon, plus 23 g protein and half a day's vitamin D. Avocado, romaine and cucumber add 7 g of fibre and potassium, all for under 6 g net carbs.

Diet notes: Keto (5.7 g net carbs a serve).

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Ingredients 14 · SERVES 4

- [ ] 450 g **salmon fillets**, skinless and boneless, cut into 4
- [ ] 1 tsp **garlic salt**, for the salmon
- [ ] ⅛ tsp **freshly ground black pepper**, for the salmon
- [ ] ½ tbsp **olive oil**, to sauté
- [ ] 3 tbsp **fresh lemon juice** (from 2 medium lemons)
- [ ] 3 tbsp **extra-virgin olive oil**
- [ ] 2 tbsp **fresh dill**, chopped
- [ ] 1 tsp **sea salt**, for the dressing
- [ ] ⅛ tsp **black pepper**, for the dressing
- [ ] 1 medium **romaine lettuce** (about 280 g chopped)
- [ ] ½ **English cucumber**, sliced
- [ ] 6 **radishes**, thinly sliced
- [ ] ½ small **red onion** (60 g), thinly sliced
- [ ] 2 **avocados**, sliced

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Contains: Fish. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. Make the dressing: stir together the lemon juice, extra-virgin olive oil, 1 tsp sea salt, ⅛ tsp pepper and the chopped dill. 0:20
2. Pat the salmon dry and season both sides with the garlic salt and pepper. 0:56
3. Heat ½ tbsp oil in a large non-stick pan over medium heat and cook the salmon 3–4 minutes per side until golden and cooked through. Spoon about 1 tsp of the dressing over each fillet and let them cool to room temperature. 1:13
4. Put the chopped romaine, cucumber, radishes, red onion and avocado in a large salad bowl. 1:39
5. Set the salmon on top (or break it up and toss it through), drizzle with all the remaining dressing and toss gently just before serving. 2:33

> **Tip** Serves 4. Cook the salmon ahead and keep the dressing separate for packed lunches; add the avocado just before eating so it doesn't brown.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
439 kcal	23 g	13 g
1,840 kJ	46% of a day	5.7 g net · 3.1 g sugars
		5% of a day

FIBRE	FAT	SODIUM
7.2 g	34 g	1,140 mg
26% of a day	5.5 g saturated	49% of a day
	44% of a day	

Energy from net carbs 5% · protein 22% · fat 73% — fits keto: 5.7 g net carbs, 73% of the energy from fat

High in (20%+ of a day) Omega-3 144% · Vitamin B12 106% · Vitamin K 85% · Selenium 70% · Vitamin D 50% · Folate 49% · Vitamin B6 49% · Vitamin E 44% · Vitamin A 41% · Vitamin C 26% · Potassium 22%

Source of (10–19%) Magnesium 16% · Iron 10% · Zinc 10%

Recipe and video: Natashas Kitchen (@Natashaskitchen) on YouTube — youtube.com/watch?v=vbV1h68Mnms, published 16 March 2018. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/avocado-salmon-salad-lemon-dill