GLOBAL · DINNER

Creamy Garlic Butter Salmon with Dill

20 min · Serves 4 · 437 kcal a serve · Video 3:35 · Blondelish

Pescatarian · Gluten-free ingredients · Nut-free

Salmon gives about 30 g protein and around 3 g of omega-3 fats a serve; the butter-and-cream sauce keeps it keto at about 2 g net carbs, with no added sugar.

Diet notes: Keto (2.3 g net carbs a serve).

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Ingredients 11 · SERVES 4

- [ ] 4 **salmon fillets** (680 g in all), skin on or off
- [ ] **sea salt**, to taste
- [ ] **ground black pepper**, to taste
- [ ] 1 tbsp extra **virgin olive oil**
- [ ] 3 tbsp (28 g) **butter**
- [ ] 4–6 **garlic** cloves, peeled and smashed
- [ ] 80 ml **fish stock**
- [ ] 80 ml **heavy cream**
- [ ] 2 tbsp (6 g) chopped **fresh dill**
- [ ] **crushed red pepper flakes**, to taste
- [ ] **lemon wedges**, to serve

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

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

Method TIMES = THE MOMENT IN THE VIDEO

1. Season the salmon fillets with salt and pepper. 0:22
2. Heat the olive oil in a large non-stick pan over medium-high heat and cook the salmon 5–6 minutes a side, until browned and flaky. Move it to a plate and keep warm. 0:43
3. Lower the heat to medium and melt the butter in the same pan. Add the smashed garlic and cook for no more than a minute. 1:21
4. Pour in the fish stock and cream and stir. When it simmers, stir in the dill and chilli flakes. 1:48
5. Return the salmon to the sauce for a couple of minutes, then serve with black pepper and lemon wedges. 2:19

> **Tip** Chicken or vegetable stock can stand in for fish stock. Serve with steamed asparagus or a green salad. Best eaten fresh.

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

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
437 kcal	**31** g	**2.6** g	**0.2** g	**33** g	**530** mg
1,830 kJ	62% of a day	2.3 g net · 0.8 g sugars	1% of a day	12 g saturated	23% of a day
		1% of a day		43% of a day	

Energy from net carbs 2% · protein 29% · fat 69% — fits keto: 2.3 g net carbs, 69% of the energy from fat

High in (20%+ of a day) Omega-3 202% · Vitamin B12 161% · Selenium 105% · Vitamin D 76% · Vitamin B6 51% · Vitamin E 39% · Vitamin A 24%

Source of (10–19%) Potassium 12% · Magnesium 11% · Folate 11% · Vitamin C 10%

Recipe and video: Blondelish (@Blondelish) on YouTube — youtube.com/watch?v=JdcO20rcntc, published 18 September 2021. 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/keto-creamy-garlic-butter-salmon-dill