

# Salmon with Coconut Kale

4 ingredients · 20 minutes · 2 servings



## Directions

1. Preheat oven to 320°F (160°C).
2. Place the salmon fillets on a baking sheet lined with parchment paper. Rub with 1/4 of the coconut oil and season with salt.
3. Wrap the parchment around the salmon, folding the seams and tucking them so that steam doesn't escape. Bake until medium-rare, about 18 minutes.
4. Meanwhile, place kale in a steamer over boiling water for about 3 minutes or until wilted. Drain any excess water. Toss kale with remaining coconut oil and season with salt to taste. Divide onto plates and top with the salmon. Enjoy!

## Notes

### No Coconut Oil

Use butter, ghee or avocado oil instead.

### No Kale

Use collard greens, cabbage, broccolini or bok choy instead.

### More Carbs

Serve it with quinoa, brown rice, or potatoes.

### Leftovers

Store covered in the fridge up to 3 days.

## Ingredients

- 8 ozs** Salmon Fillet
- 3 tbsps** Coconut Oil (divided)
- 1/2 tsp** Sea Salt
- 8 cups** Kale Leaves (roughly chopped)

## Nutrition

Amount per serving

<b>Calories</b>	483	Vitamin D	0IU
<b>Fat</b>	27g	Vitamin E	0mg
<b>Carbs</b>	24g	Thiamine	0.3mg
Fiber	8g	Riboflavin	0.4mg
Sugar	0g	Niacin	9mg
<b>Protein</b>	30g	Vitamin B6	0.9mg
Cholesterol	63mg	Folate	28µg
Sodium	859mg	Vitamin B12	3.6µg
Potassium	555mg	Phosphorous	227mg
Vitamin A	26045IU	Magnesium	33mg
Vitamin C	36mg	Zinc	1mg
Calcium	333mg	Selenium	41µg
Iron	7mg		