



Simple Herb Crusted Salmon

Serves 2

Ingredients

For the salmon

- 2 salmon fillets (6oz each)
- 1 heaping tablespoon coconut flour
- 2 tablespoons fresh parsley (or dried, if you have on hand)
- 1 tablespoon olive oil
- 1 tablespoon dijon mustard
- salt and pepper, to taste

For the salad

- 2 cups arugula
- ¼ red onion, sliced thin
- juice of 1 lemon
- 1 tablespoon white wine vinegar
- 1 tablespoon olive oil
- salt and pepper, to taste

Instructions

- 1 Preheat oven to 450 degrees.
- 2 Place salmon fillets on a parchment or foil lined baking sheet.
- 3 Top your salmon off with olive oil and dijon mustard and rub into your salmon.
- 4 In a small bowl, mix together your coconut flour, parsley, and salt and pepper.
- 5 Use a spoon to sprinkle on your toppings on your salmon and then your hand to pat into your salmon.
- 6 Place in oven for 10-15 minutes or until salmon is cooked to your preference. I cooked mine more on the medium rare side at 12 minutes.
- 7 While the salmon is cooking, mix together your salad ingredients.
- 8 When salmon is done, place salmon on top of salad and consume.
- 9 HOW SIMPLE WAS THAT?! omg.

<http://paleomg.com/simple-herb-crust-ed-salmon/>