

June 2020

Keto Meal Plan Main Meal

Fiery Salmon Pouches

Ingredients:

- 4 salmon fillets.
- 3 tbsp chilli sauce.
- 2 tbsp red onion (chopped).
- 1 tbsp sesame oil.
- 1 tbsp lime juice (fresh).
- 1 garlic clove (crushed).
- 1 tsp mustard seeds.
- 1 tsp lime zest.
- ½ tsp sesame seeds.
- ½ tsp mint (fresh).

Instructions:

- Preheat oven at 200 degrees.
- Place each salmon fillet onto a piece of foil (enough to wrap the salmon in).
- Sprinkle with onions.
- Mix together, chilli sauce, sesame oil, lime juice, garlic, sesame seeds and mustard seeds. Spoon sauce over salmon fillets.
- Wrap salmon in the foil and bake for 20-25 minutes until salmon easily flakes.
- Serve with lime zest and mint.

Total Time: 25 Minutes

Nutritional Information:

Total servings - 4

Per serving:

Fat: 19g

Carbohydrates: 5g

Protein: 30g

Calories: 321

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