



Chili Crisp Salmon Bowl



prep time
25 minutes



total time
35 minutes



servings
6

Ingredients

Salsa

- 1 large mango, diced ~ 2 carb servings
- 1 jalapeño pepper, seeded and sliced, ~ 1 veggie serving
- 1/2 cup fresh cilantro, chopped
- 3 tablespoons mixed sesame and/or sunflower seeds ~ 1.5 fat servings
- 1/4 cup lime juice
- 1 avocado, cubed ~ 2 fat servings

Salmon

- 1 1/2-2 pounds/675-900 grams salmon cut into 2-3 pieces ~ 19-26 protein servings
- 3-4 cups cooked rice ~ 3-4 carb servings
- 2 tablespoons extra virgin olive oil ~ 2 fat servings
- 1/4 cup Thai red curry paste
- 1 tablespoon brown sugar ~ 1 carb serving
- 1 tablespoon spicy curry powder (see below)
- 1 tablespoon coconut aminos
- 6 tablespoons salted butter ~ 6 fat servings
- 2 cloves garlic, chopped
- 1/4 cup minced onion flakes
- chili flakes

Spicy Curry Powder

- 2 teaspoons ground cumin
- 2 teaspoons ground ginger
- 1 teaspoon paprika
- 1/2-1 teaspoon cayenne
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/4 teaspoon cinnamon
- kosher salt and black pepper

Mix everything to combine.
Makes 2-3 tablespoons.

 seafood

Instructions

- 1 To make the salsa. Gently toss all ingredients in a bowl. Season with salt.
- 2 Preheat the oven to 450° F. Place the salmon on a baking sheet.
- 3 In a bowl, mix the olive oil, red curry paste, brown sugar, curry powder, and coconut aminos. Rub the paste all over the salmon. Roast 10 minutes or until the fish is cooked to your liking. Switch the oven to broil and broil until lightly charred (watch closely!).
- 4 Meanwhile, in a small skillet melt together the butter, garlic, and a pinch of chili flakes. Cook until the butter is browning and the garlic is crisp. Mix in the onion flakes.
- 5 Break the salmon over the bowls of rice. Pour the chili butter over the salmon. Top with the mango salad. Enjoy!



Whole Recipe Breakdown:
19 to 26 Servings Protein
6 to 7 Servings Carb
11.5 Servings Fat
1 Serving Veggies