

Creamy Garlic Tuscan Salmon

(Whole 30 & Paleo)

Shopping List:

- 2 salmon filets, skin off if possible
- salt and pepper to taste
- 1 tbsp coconut oil
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- 3 garlic cloves, finely diced
- 1/2 small yellow onion
- 1 to 2 oz sun dried tomato strips in oil, drained
- 1/2 to 3/4 cups whole coconut milk
- 1 to 2 cups spinach
- salt and pepper to taste
- 1 tbsp almond flour, optional
- 1 tbsp fresh parsley, chopped

Directions:

Heat a medium to large skillet over medium high heat and add in 1 tbsp coconut oil. Sprinkle salt and pepper on both sides of the salmon. Add to the pan and sear for about 5 minutes on one side, then flip to sear the other side for about 5 minutes, or until cooked to your liking. I prefer well done with salmon so mine took a bit longer. Remove the salmon and place it on a plate.

Add 1 tbsp coconut oil to the skillet with the remaining juices and add in the garlic. Sauté until fragrant, then add the onion to sauté until translucent. Add in the sun dried tomatoes to sauté for a few minutes allowing the flavors to meld.

Reduce the heat a little bit and add in the coconut milk. Stirring occasionally, allow the sauce to simmer gently. Season with salt and pepper to your taste preference. You can add in red pepper flakes if desired.

Add in the spinach and stir it in until the spinach wilts. While it is cooking you can add in the optional almond flour, this will thicken the sauce a little bit.

Finally, add the salmon back to the pan and cover with sauce. Sprinkle with fresh parsley before serving.