

Baked Salmon with Avocado Mango Salsa and Baked Eggplant Fries (Whole 30, Paleo)

Shopping List:

Serving size 1

Salmon

- 4oz piece of salmon
- 1 tbsp olive oil or coconut oil
- chili powder
- paprika
- cumin
- garlic powder
- onion powder
- sea salt
- pepper

Salsa

- 1 small mango (or 1/2 large mango)
- 1 small avocado (or 1/2 large avocado)
- lime juice
- cilantro (fresh or dried)
- fresh parsley (optional)

Eggplant Fries

- 1/2 to 1 1/2 purple eggplant, sliced into fry shape
- 1 egg
- almond flour
- sea salt
- garlic powder
- onion powder
- paprika (optional)

Directions:

Eggplant Fries: preheat the oven to 425* F. Wash the eggplant and cut off about 1/4 to 1/2 of it, cutting off the very end. Slice the eggplant into fry shapes. Coat the eggplant pieces in a whipped egg and then roll in almond flour mixture. You may add the seasonings to the almond flour to your taste preference. In my opinion you can't go wrong. I used approximately 1 tsp garlic powder, 1 tsp onion powder, 1/2 tsp paprika, and a dash of sea salt.

Spread out the "fries" on a greased, foil lined baking pan or a greased glass baking pan. I added my salmon to the same pan shortly after. Bake for approximately 20 to 25 minutes, but watch this carefully as yours may need less time. The batter will harden up and they'll be done when it begins to turn golden in color.

Baked Salmon: Place the salmon skin down and drizzle with olive oil or coconut oil. Sprinkle the seasons over the top of the salmon, and add more or less to your liking. Depending on the size of your salmon, bake for 12-20 minutes. I'd suggest cutting into it around 12 minutes to see if it's finished and monitoring it thereafter. *My piece was about 8oz and therefore ended up baking it for 25 minutes.

Avocado Mango Salsa: While your meal is baking in the oven, prep the salsa. Peel and cut the avocado and mango into small cubes. You can mash the avocado if you prefer it that way. Mix them together with lime juice. I didn't list an amount of lime juice because I like a lot of it and am very generous with adding lime juice. Mix this together with fresh or dried cilantro. I also had fresh parsley so I added some of that to it as well, but it is not necessary!

When the salmon and eggplant fries are finished, serve together and add the avocado mango salsa to the top of the salmon. I served the salmon over a bed of broccoli slaw (pre-bought).