

Roasted Salmon & Ginger-Scallion Sauce

Ingredients:

- 1 large bunch scallions (about 4 oz)
- 1-oz piece of ginger, peeled and chopped into 1/2 inch chunks
- 1 Tbsp coconut aminos
- 1/2 tsp dried garlic
- sea salt and pepper to taste
- 1/2 - 3/4 cup avocado oil*
- 4, 5-6 oz pieces of salmon
- 2 Tbsp coconut oil
- sea salt and pepper, to taste*

Procedure:

1. Preheat oven to 350 degrees.
2. Wash and Chop scallions into 1-inch pieces.
3. Put the ginger and scallions in the food processor and pulse until they're finely chopped
4. Pull out a large, heatproof bowl. Put the scallions and ginger into the bowl.
5. Heat the avocado oil in a small saucepan over medium heat until very hot, but not popping or smoking. Mine took about 3 minutes.



Roasted Salmon & Ginger-Scallion Sauce

Procedure Part 2:

6. Carefully pour the avocado oil into your large bowl. Use a wooden spoon to stir. Once the sauce cools add the coconut aminos, garlic, and a small pinch of salt to taste.
7. When the oven is ready, heat a cast iron or another oven-proof skillet on medium-high heat with 1 Tbsp coconut oil for 2 minutes, so it gets really hot.
8. Season the salmon on both sides with a pinch of salt and pepper. Place the salmon skin side down in the pan and cook for 2 minutes. Transfer the pan to the oven and cook for 4 minutes.
9. Take the salmon out, carefully flip the fillets over, and cook for another minute in the oven.
10. Move the salmon to a plate and test out the middle with a fork - if it flakes easily, it's done!