

Salmon with Creamy Spinach & Hollandaise Sauce

Hands-on 15 minutes Overall 30 minutes

Nutritional values (per serving): Total carbs: 6.5 g, Fiber: 2.8 g, **Net carbs: 3.7 g,**

Protein: 34 g, Fat: 72.6 g, Calories: 813 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



Ingredients (makes 1 serving)

- 1 small salmon or trout fillet (125g / 4.4 oz) - you can use a large fillet (~ 150-200g / 5.3-7.1 oz) if you don't follow the [fat fast](#)
- 1/2 large packet fresh or frozen spinach (125g / 4.4 oz)
- 1 tbsp heavy whipping cream (or [coconut milk](#))
- 2 tbsp [ghee](#), [coconut oil](#) or [extra virgin olive oil](#) (or 1 tbsp if you don't follow the [fat fast](#))
- 1 serving [Hollandaise sauce](#)
- freshly ground [black pepper](#)
- pinch salt or more to taste

Note: When looking for ingredients, try to get them in their most natural form (organic, without unnecessary additives).

Instructions (electric blender / hand whisk method)

1. Preheat the oven to 200 °C/ 400 °F. Place the salmon in a baking tray and drizzle with half of the olive oil, ghee or coconut oil. Season with salt and pepper and place in the oven. Cook for 20-25 minutes.
2. Meanwhile, prepare the creamy spinach. Wash the spinach and place in a salad spinner to remove any excess water or pat dry with a paper towel.
3. Grease a skillet with half of the olive oil (or ghee, coconut oil) and heat over medium-high heat. Add the spinach and cook for about 3-5 minutes while mixing. Season with salt.
4. Add the heavy whipping cream (or coconut milk).
5. Take off the heat and set aside. Meanwhile, prepare the [Hollandaise sauce](#).
6. Remove the salmon from the oven and set aside for 5 minutes.
7. Place the creamed spinach on a serving plate and top with the baked salmon.
8. Pour over the Hollandaise sauce and enjoy!

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