

Crispy Salmon Caprese Salad

Hands-on 15 minutes Overall 15 minutes

Nutritional values (per serving): Total carbs: 6.5 g, Fiber: 0.9 g, **Net carbs: 5.6 g,**

Protein: 29.5 g, Fat: 28.8 g, Calories: 407 kcal,

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Ingredients (makes 4 servings)

- 1 large salmon fillet (225 g/ 8 oz)
- 1 large cucumber, chopped (285 g/ 10 oz)
- 1 pint cherry tomatoes, halved (285 g/ 10 oz)
- 225 g baby mozzarella balls (8 oz)
- 1/2 cup firmly-packed fresh basil leaves, chopped
- 4 tbsp [extra virgin olive oil](#), divided (60 ml/ 2 fl oz)
- sea salt and pepper, to taste
- 1 tbsp balsamic vinegar (15 ml)
- Optional:* 1-2 tbsp pesto

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Instructions

1. First, to cook the salmon place 1 tbsp of olive oil in a skillet over medium high heat. Once hot place the fish skin side down in the skillet. Cook for about 5 minutes before flipping and continue to cook 3-4 minutes on the other side until the fish easily releases from the pan and is cooked through.
2. Remove from the skillet, remove the skin, and let cool.
3. Place the chopped cucumber, tomatoes, mozzarella, basil, and remaining olive oil in a large bowl and toss to combine.
4. Chop the salmon into bite sized pieces and add to the salad tossing gently.
5. Season with salt and pepper and drizzle with balsamic. Store any leftovers in an airtight container in the refrigerator for up to 3 days.

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