

Healthy Ginger & Lime Grilled Salmon

Hands-on 15 minutes Overall 50 minutes

Nutritional values (per serving): Total carbs: 10.7 g, Fiber: 3.8 g, **Net carbs: 6.9 g**,

Protein: 43.6 g, Fat: 27.7 g, Calories: 468 kcal,

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



Ingredients (makes 4 servings)

Salmon:

- 4 salmon fillets (approx 250 g/ 8.8 oz each)
- 1 clove garlic, minced
- 1 tbsp [coconut aminos](#) (15 ml)
- 1 tbsp [fish sauce](#) or oyster sauce(15 ml)
- 1 tbsp lime juice (15 ml)
- zest of one lime
- 1 tbsp [Sriracha](#) chilli sauce (15 ml) - *you can [make your own](#)*
- 1 tsp grated fresh ginger root
- 2 tbsp [extra virgin olive oil](#) (30 ml)
- Optional:* 4 tsp [sesame seeds](#) for sprinkling

Cauliflower Rice:

- 1 medium cauliflower (720 g/ 1.6 lb)
- 2 tbsp [ghee](#), butter or virgin [coconut oil](#) (30 ml)
- 1 clove garlic, minced
- 1/2 tsp sea salt
- 1 tbsp chopped chives

Instructions

- Combine all marinade ingredients in a large bowl.
- Add salmon fillets. Cover and let marinate for as long as possible, minimum half an hour.
- Meanwhile, [prepare the cauliflower rice](#) by placing cauliflower florets into a [food processor](#) and pulse until they resemble rice. You should have about 1 1/2 cups of fresh cauli-rice per serving. The best results are achieved if you use a grating blade. Finely chop garlic.
- Preheat the grill to high, or oven to 240 °C/ 465 °F (fan assisted), or 260 °C/ 480 °F (conventional). Melt butter or ghee in a frypan on

medium to high heat. Add cauliflower and garlic and cook, stirring constantly for five to ten minutes, or until cauliflower is just softened.

- Place salmon fillets on a lined baking tray and bake in oven for 5 - 7 minutes.
- Finish off by grilling under high heat for just a couple of minutes to get a lovely char on the fish. Be very careful not to overcook the salmon though - you want to keep it juicy and tender.
- Drizzle the salmon fillets with olive oil. Serve with the cooked cauli-rice and optionally sprinkle with sesame seeds.
- Cauliflower rice can be stored in the refrigerator, covered for up to five days. Salmon can be stored in the refrigerator, wrapped for up to three days.

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