

Healthy Sesame Crusted Salmon with Coconut Cauli-Rice

Hands-on 10 minutes Overall 25 minutes

Nutritional values (per serving): Total carbs: 14.5 g, Fiber: 6 g, **Net carbs: 8.4 g,**

Protein: 47.2 g, Fat: 62.9 g, Calories: 800 kcal,

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cooked salmon fillet on top of each. Top with extra coriander leaves, and serve immediately.

Ingredients (makes 2 servings)

Sesame-crusted salmon:

2 large wild salmon fillets (400 g/ 14.1 oz)

1/4 cup [sesame seeds](#) (36 g/ 1.3 oz)

2 tbsp virgin [coconut oil](#) (30 ml)

Coconut cauliflower rice:

1/2 medium cauliflower (300 g/ 10.6 oz)

2 tbsp virgin [coconut oil](#) (30 ml)

1/2 tsp sea salt

1 tsp [Erythritol](#) or [Swerve](#)

1/3 cup [coconut cream](#) (80 ml)

1/4 cup fresh cilantro (coriander) leaves, plus more to serve

Optional: 1 small red chilli, thinly sliced

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Instructions

1. Place cauliflower in a [food processor](#) and process until it resembles rice, being careful not to over process. Cutting the cauliflower into smaller florets, or using a grating blade, will help with this.
2. Heat a pan over medium heat. Add the coconut oil, and once hot, add the cauliflower. Cook, stirring, for around five minutes until the cauliflower is nearly cooked through. Add the salt, Erythritol and stir to combine, then add the coconut cream.
3. Cook, stirring, another minute or so until the coconut cream is absorbed. Stir through coriander and chilli and set aside.
4. Heat another pan over medium heat. Place the sesame seeds on a plate or shallow bowl, and coat both fillets with the seeds.
5. Once the pan is hot, add the remaining 2 tablespoon of coconut oil, and gently place in the salmon fillets.
6. Cook 6 – 8 minutes, turning half way through. Note that for really thick fillets, you may need an extra minute or two.
7. Divide the cauliflower rice between two plates, and then place a