

Pan Seared Salmon with Chunky Avocado Salad

Hands-on 15 minutes Overall 20 minutes

Nutritional values (per serving, 1 salmon steak + 285 g/ 10 oz avocado salad):

Total carbs: 23.2 g, Fiber: 14.3 g, **Net carbs: 8.9 g**, Protein: 49.4 g, Fat: 64.2 g,

Calories: 847 kcal,

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



Ingredients (makes 1 serving)

Chunky avocado salad:

- 1 large avocado, diced (200 g/ 7.1 oz)
- 1/2 medium red onion, finely diced (50 g/ 1.8 oz)
- 2 tbsp fresh lime juice (30 ml)
- 1 tbsp [extra virgin olive oil](#) (15 ml)
- sea salt and pepper, to taste

Salmon:

- 1 large salmon steak (225 g/ 0.5 lb)
- sea salt and pepper, to taste
- 1/2 tbsp avocado oil, [ghee](#) or [extra virgin olive oil](#)
- Optional:* lemon or lime wedges to serve

Instructions

1. To make the avocado salad, halve the avocados and remove the stones. Peel the skin off and dice into large chunks. (*Note: Photos display 2 servings.*)
2. Place half of the diced avocado into a bowl and mash using a fork.
3. Add the remaining avocado, diced red onion, lime juice olive oil, salt and pepper.
4. Mix to combine and place in the fridge while you cook the salmon.
5. Season the salmon with salt and pepper. I used large steaks for an OMAD/TMAD style meal but you can use smaller salmon fillets if you prefer.
6. Heat the avocado oil over medium-high heat in a cast iron skillet. Sear the salmon for 4-5 minutes until the salmon easily released from the bottom of the pan.
7. Flip and continue to sear another 3-4 minutes until it releases again. (The exact time will depend on the temperature and the thickness of the salmon steak/fillets.)
8. Serve the salmon with the prepared avocado salad. Optionally,

drizzle the salmon with more lime juice or lemon juice.

9. The salmon should be eaten fresh but can be stored in the fridge for up to a day. The avocado salad can be stored in a sealed container in the fridge for up to 2 days.

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