Salmon with Asparagus & Quick Blender Hollandaise

Hands-on 5 minutes Overall 15 minutes

Nutritional values (per serving, 1 fillet + asparagus & hollandaise): Total carbs: 6 g, Fiber: 2.7 g, **Net carbs: 3.3 g**, Protein: 30.6 g, Fat: 54.7 g, Calories: 632 kcal, Original recipe, Keto Diet App - The ultimate low-carb diet app

Ingredients (makes 2 servings)

Salmon & Asparagus:

1 tbsp avocado oil, ghee *or* extra virgin olive oil (15 ml)

2 small wild salmon fillets (250 g/ 8.8 oz)

small bunch asparagus (250 g/ 8.8 oz)

Quick Blender Hollandaise:

2 large egg yolks

6 tbsp unsalted butter *or* ghee, melted (85 g/ 3 oz)

1 tbsp fresh lemon juice (15 ml)

salt and pepper, to taste

pinch of cayenne pepper, garlic powder, onion powder or paprika

dash of water if too thick

Instructions

1. Heat the oil over medium high heat in a cast iron skillet. Season salmon with salt and pepper and place skin side down in the skillet. Sear 4-5 minutes until the salmon easily released from the bottom of the pan.

2. Flip and continue to sear another 4-5 minutes until it releases again.

3. Flip and place the asparagus in the skillet, cook about 3-4 minutes tossing a few times so each stalk gets a sear on the skillet. Set aside while you make the hollandaise.

4. To make the hollandaise sauce, heat the butter over medium heat until melted and bubbling. Take off the heat.

5. Place the egg yolks in a blender with the lemon juice and cayenne. Blend for 30 seconds until yolks are broken down. With the blender running stream in the bubbling butter in a slow steady stream. The sauce should thicken. If it's too thick, add a dash of water and blend again.

6. Season with salt, pepper and cayenne pepper. Pour over the salmon and asparagus.

7. Serve immediately or store in the fridge for up to a day. Hollandaise is best served fresh.

More great content on KetoDietApp.com

Keto calculator

Best keto recipes

Complete keto diet food list

Expert articles & ketogenic guides

Keto Diet App

Free & premium keto diet plans