A logo with green and blue leaves

Description automatically generated

Salmon with Warm Butter Curry Caper Salsa

Ingredients

1 onion of choice (For 28 Day Healthy Reboot use scallion greens days 8-29)

2 large or 3 medium Organic Tomato (or two 14 oz cans diced organic tomatoes)

¼ cup caper

2 TBSP grass fed butter or ghee

1 TBSP caper brine

1 TBSP curry powder

1 fresh organic cilantro, parsley, basil or favorite herb to add at end

Avocado oil

Salt and pepper

Directions

Preheat oven to 450 degrees on BAKE (not broil) with the rack in a low position in the oven. Place salmon on a piece of non-bleached parchment paper on a cooking tray that has thin swipe of avocado oil on the paper where the salmon will be placed, skin side down. Brush the top of the salmon filet with avocado oil (or butter) to seal in the juices. Sprinkle with salt and pepper to taste. Place in oven and cook for about 8 minutes or until done. This will depend on the size of your filet. Do not flip the filet.

For Salsa

Dice onion and tomato. Add 1 tablespoon of butter to pan on medium/low heat (you do not want to burn). Add onions and let caramelize (sauté longer and slower for more caramelization), you may need to add a little more butter. Add diced tomatoes and curry to pan, gently stir, cook until tender not mushy. Add in capers and brine, stir. Add in remaining butter, sprinkle with salt then fresh herb to finish.

Serve the salsa over the salmon or on the side.