

Zucchini Bread Recipes

Baked Cilantro Lime Salmon With Avocado Salsa

15 min Prep time	**15 min** Cook time	**30 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 4 (6-oz) salmon fillets
- [ ] 2 tbsp olive oil
- [ ] 1 tsp sea salt
- [ ] 1/2 tsp black pepper
- [ ] Zest of 1 lime
- [ ] 2 tbsp fresh cilantro, chopped

For the Avocado Salsa

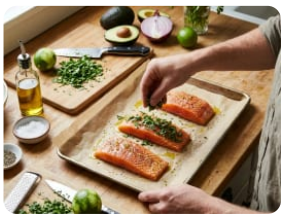
- [ ] 2 ripe avocados, diced
- [ ] 1/4 cup red onion, finely chopped
- [ ] 1 tbsp lime juice
- [ ] 2 tbsp cilantro, chopped
- [ ] Salt to taste
- [ ] Pinch of cayenne (optional)

Instructions

1. Preheat the oven to 425°F (220°C). Line a baking sheet with parchment.



2. Place salmon on the sheet, drizzle with olive oil, sprinkle salt, pepper, lime zest, and chopped cilantro.



3. Bake for 12-15 minutes, until the flesh flakes easily with a fork.



4. While salmon bakes, combine avocado, red onion, lime juice, cilantro, salt, and cayenne in a bowl; toss gently.



5 Remove salmon, plate, and spoon the avocado salsa over each fillet. Serve immediately.

Nutrition per serving

420 kcal	30 g	12 g	28 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a smoky note, add a pinch of smoked paprika to the salmon rub.
- For extra crunch, sprinkle toasted pumpkin seeds on the salsa.
- A drizzle of extra-virgin olive oil over the finished plate adds richness.