

## Crispy Pan Seared Salmon with Avocado Salsa

Avocado Salsa:

3 ripe avocados, peeled and diced

1 cup cherry tomatoes, halved

1/2 cup finely diced red onion

1/2 a jalapeño, seeded and finely diced

1 clove garlic, finely minced

1/3 cup finely chopped cilantro

3 tablespoons lime juice

1 teaspoon lime zest

1/2 teaspoon Himalaya sea salt, plus more to taste

\*Make the Avocado Salsa: Make the salsa by adding all of the ingredients to a mixing bowl and stirring until well combined. Cover and place in fridge.

Salmon:

1 pound salmon, cut into 4oz pieces and skin removed

Himalayan sea salt

Pepper

1/2 tablespoon avocado, olive or coconut oil (plus more if needed)

\* Make the Salmon: Pat the salmon dry with a paper towel and then season liberally with salt and pepper. Heat a large pan over medium-high heat. Once hot, add 1/2 tablespoon of avocado or olive oil. Cook the salmon 4-5 minutes per side until golden brown, crisp, and cooked through. Finish the salmon by topping it with the avocado salsa. Serve immediately and enjoy!

Serving is 3 oz of salmon and 1/2 cup of salsa. Pair with another vegetable and fruit for a complete on plan meal.

