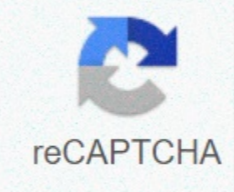




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Bacon wrapped salmon

Preheat the oven to 400°. Combine the soy sauce, maple syrup and garlic in a small bowl and coat the salmon. Wrap the bacon around each salmon fillet (this may require more than one strip per fillet). Add some oil to a medium frying pan over medium heat. Add the salmon to the pan and sew for 2 minutes on each side. Put the pan in the oven and let the salmon finish cooking for 10-12 minutes. Crush the avocado in a small bowl and add mayonnaise, salt and pepper. Serve salmon with avocado sauce. Okay, so I have another fresh cheto recipe for you and another new video!! Coco and I are here in our last week of filming for the season for her Disney show (I'll share more thoughts at the end of the week about this) and basically we're trying to be really healthy and wean ourselves off our addiction to craft services. By the way, if you've ever heard rumors about craft services, they're all true. It's only 24/7 on set - everything you can eat. If I wasn't allergic to so much (i.e.: endless dishes of donuts, cookies, candy, sandwiches, mac and cheese, etc.) I would go back to Seattle in a mumu after this long dark winter we had! But even without being able to get in as above (well, the gummy candies caused me some problems!) it's definitely time to get out of hibernation and get back into a normal and healthy routine of eating and exercising. And whether it's because it's spring, or I'm so excited to get back to my normal life, I'm so pumped at the prospect of doing it together. For me most of this process is always making sure that the food I'm putting in my body is the best fuel possible. It makes 90% of the difference in my overall health when I eat well. So, as we talked about last week, eating a low-sugar diet seems to be really useful to get my energy to be more stable. Also, you guys have asked for Keto recipes, so Keto recipes you get! This is especially great because it's a shot to do and well, it has bacon, so you know it will be good! And I thought you'd like me to use the same Easy Chimichurri sauce I used with Keto Meatballs last week! I love the idea that you can make a sauce and use it as a delicious accompaniment to two different dishes in a row that are totally different. Salmon wrapped in keto bacon with Easy Chimichurri sauce 3.5.3226 Print recipe Ok, So I have another fresh keto recipe for you And another new video!! Coco and I are here in our last week of filming for the season for her Disney show (I'll share more thoughts at the end of the week about this) and we are trying to be really healthy and wean ourselves off our dependence on craft services. By the way, if you've ever heard rumors about craft services, they're all true. It's only 24/7 on set - everything you can eat. 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This is especially great because it's a shot to do and well, it has bacon, so you know it will be good! And I thought you'd like me to use the same Easy Chimichurri sauce I used with Keto Meatballs last week! I love the idea that you can make a sauce and use it as a delicious accompaniment to two different dishes in a row that are totally different. Keto Bacon wrapped salmon with Easy Chimichurri sauce 3.5.3226 Recipe by Heather Christo () Can't decide if you want salmon or bacon for dinner? Try both! Yes, it is quite rich, but a lot of fresh tarragon and lemon zest prevent the recipe from becoming ached or overwhelming, and the combination of final flavor is delicious. If you're looking to impress someone special, this is definitely a dish to consider (don't let them see how easy it really is to prepare.) If that person you're trying to impress is another health nerd, you can also amaze them with the nutritional benefits of eating all that salmon: lots of anti-inflammatory Omega-3 fats, vitamin D, iodine, selenium, and other minerals from the sea. To get most of the nutrition, just make sure you get really fished salmon in the wild, not bred. This salmon would be great with a quick side of roasted asparagus or green beans, and maybe a ball of mashed potatoes if you want some starch with that. Also try some lemonade, if you really want to have fantasy: tart is a nice contrast to the rich salmon. However you serve it, it is a great option for anything from a special dinner to just treating yourself. Recipe of salmon wrapped in bacon SERVES: 4 PREPARATION: 10 min. Ingredients 4 fillets of wild salmon, about 5 ounces (i.e. just under 2 pounds of salmon in total); 2 tarragon twigs, cut in half; Zest of 1 lemon; 8 slices of bacon; 2 tablespoons maple syrup or raw honey; (optional) Kitchen fat, Sea salt freshly ground pepper. Preparation Preheat the oven to 375 F. Season the salmon to taste with sea salt and freshly ground black pepper. Complete each fillet with a tarragon sprig and a little lemon zest. Wrap each fillet with 2 slices of bacon. Heat a little cooking fat in a large oven-proof pan over medium-high heat. Fry the salmon on each side until golden brown (about 2 minutes per side). Brush each fillet with maple syrup or honey, if used, and transfer it to the oven. Put the salmon in the oven until cooked (about 8-10 minutes). Check out Paleo Restart, our easy and interactive 30-day Paleo program. We now have an ongoing sale with a 50% discount to celebrate the arrival of 2021! 🎉 learn more and start here. + #PaleoIRL our new cookbook all about how to make Paleo work for a hectic life is now available! Get him right here. Disclosure: This post may contain affiliate links. This bacon-wrapped salmon recipe conforms to Whole30 and served with cauliflower rice and an avocado dressing for a full meal! The salmon is seared to perfection and then baked in the oven, creating a crispy but wobbly salmon. Who doesn't love bacon-wrapped salmon? Of course, you don't have to do Whole30 to love it – it's simply a tasty meal that combines two of the best foods! I have come to enjoy salmon more than ever these days; Miguel and I try to eat it about once a week. I like to buy packaged salmon caught in the wild because it tends to be cheaper than the salmon behind the counter. Since we eat it constantly, I tried to find new ways to prepare it. Two of my favorite ways are baked, like in this garlic and pan-fried salmon, like in this quinoa-cruste salmon. This bacon-wrapped salmon recipe combines both of these methods to create a crispy salmon fillet on the outside and wobbly inside (plus, bacon only adds to the amazing texture!). Bacon Ingredients: If you're doing Whole30, make sure you find bacon conforming. That means bacon with zero sugar! Salmon: Preferably wild caught cauliflower rice: you can make your own cauliflower rice, or you can buy pre-made cauliflower rice (my preferred method). You can usually find cauliflower rice in the refrigerated section with the rest of the products or in the frozen vegetable corridor method Before: wrap each piece of salmon with 1 slice of bacon. Second: put the salmon directly in your oven safe pan (I used my cast iron), then sew the salmon for 2 minutes per side. You don't want the cook to cook salmon after all; you just want it to be crispy on the outside. Thirdly, put the entire pan in the oven and cook the salmon for 10-15 minutes. The cooking time varies depending on the thickness of the salmon. Last: Prepare the avocado dressing by putting all the ingredients in a blender or food processor and stirring until smooth (I used my Tips After wrapping the salmon with bacon, be sure to place the side first with the ends of the bacon in the pan. In this way, the bacon will stick to salmon and will not fall apart. You will know that salmon is made when it is easy to fall apart with a fork. What should I serve him with? The simplest thing is cauliflower rice; if you're not doing Whole30, normal white or brown rice would be delicious. Alternatively, you could prepare the salmon without the seasoning and instead serve it with air frying carrots, pan roast potatoes or with a side of almond pesto. Other recipes for Whole30 Dinner Spicy Potato Soup Mediterranean Lamb Bowl Potato Soup Italian Chicken Meatballs If you've made this recipe, be sure to leave a comment and star rating below. Thank you! 2 salmon fillets2 slices of bacon1 1/2 cups cauliflower rice or moreSpoonful avocado dressing see below1 sliced avocado to serve, optional1 avocado1/4 cup coriander1/4 teaspoon garlic powderPinch salted water1 cup Pour some oil into an oven-proof pan (I used my cast iron). Wrap each salmon fillet with a slice of bacon, then put the salmon in the pan. Sew the salmon for 2 minutes on each side, then put the entire pan in the oven and cook the salmon for 10-15 minutes. While the salmon is cooking, prepare the cauliflower rice according to the instructions of the package. Finally, prepare the dressing by combining the ingredients in the food processor or blender and pulsing until smooth. Serve the salmon over the cauliflower, then sprinkle with the avocado dressing. *Calories are per serving and are an estimate Calories: 443kcal | Carbohydrates: 15g | Protein: 38g | Fat: 27g | Saturated fat: 4g | Cholesterol: 94mg | Sodium: 146mg | Potassium: 1679mg | Fiber: 9g | Sugar: 3g | Vitamin A: 350 IU | Vitamin C: 68mg | Footbal: 59mg | Iron: 2mg Leave a comment below and tag @thealmondeater on Instagram! UPDATE NOTE: This post was originally published in January 2019. It was updated with new text and photos in November 2020. 2020.

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