

Coconut Milk Poached Salmon (Keto)

Yield: 4 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/coconut-poached-salmon-with-swiss-chard-recipe>

Ingredients:

- 7/8 pound pasta konjac, fettuccine shape
- 1 tablespoon desiccated coconut
- 2 salmon fillets
- salt
- 2 teaspoons coconut oil
- 1 can full fat coconut milk shaken well
- 1 lemongrass stalk halved and smashed with a pestle
- 1 red chili halved lengthways
- 1 fresh ginger thumb-size piece, peeled and thinly sliced
- 2 teaspoons red chili sliced, to garnish, optional
- 1 handful fresh coriander plus extra to garnish
- lime juice generous squeeze
- 2 teaspoons fish sauce

Nutrition:

1. Calories: 770 calories
2. Carbohydrate: 89 grams
3. Cholesterol: 30 milligrams
4. Fat: 36 grams
5. Fiber: 5 grams
6. Protein: 27 grams
7. SaturatedFat: 25 grams
8. Sodium: 480 milligrams
9. Sugar: 7 grams

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