



*cara price*

## CREAMY GARLIC SALMON

### INGREDIENTS

4 - 6 ounce pieces of wild salmon  
4 tablespoons ghee, divided  
6 cloves garlic, minced  
1 pint cherry tomatoes, halved  
1 - 5 ounce container baby spinach,  
chopped  
1 cup light coconut milk  
1 tablespoon nutritional yeast  
1-1/4 teaspoon salt, for the sauce  
1 teaspoon herbs de Provence  
1/4 teaspoon smoked paprika  
freshly ground salt & pepper  
handful basil, chiffonade cut

### DIRECTIONS

generously salt & pepper salmon filets with fresh ground salt & pepper.

make the sauce by pouring the coconut milk into a large mixing cup. add in the nutritional yeast, salt, herbs de Provence & smoked paprika. whisk it vigorously & set aside.

heat a 12 inch skillet over medium high heat. add 3 tablespoons of ghee to the pan. once it melts & is very hot, add the salmon, cooking about 2 minutes per side.

remove salmon to a plate & keep warm.

add in the remaining tablespoon of ghee & melt in the pan. add the tomato halves & cook until the skins begin to blister - about 1 minute.

then add in the garlic & cook about 30 seconds. add the spinach to the pan & cook until mostly wilted, but still a bit crisp.

pour the sauce into the pan & simmer 1 minute. then add the salmon back to the pan & cook on low until desired doneness for salmon is reached.

taste the sauce & adjust salt if necessary. due to the varying acidity of tomatoes, the sauce may need a slight bit more salt.

garnish with fresh basil.