

# One-Pot Salmon Dinner

Serves: 2 large portions

Takes: 30 minutes

## INGREDIENTS

- 2 filets wild-caught salmon
- 1 yellow onion, diced
- 1/2 head cauliflower
- 1/2 cup water
- ~6 stalks/leaves swiss chard
- 5 cloves garlic, finely chopped
- 1 TB. Butter or Ghee
- Sea salt
- Pepper
- Lemon, for garnish
- Maldon salt, for garnish



## DIRECTIONS

1. Prep salmon: pat dry, remove bones, season on both sides with sea salt and pepper
2. In a deep saucepan with a snug-fitting lid (I used a 4-qt. All-Clad "Essential" Pan), heat over medium. Add onion and replace lid.
3. Meanwhile chop cauliflower. Sprinkle with sea salt, stirring to coat. Add ½ cup water to the pot – this will steam cook the cauliflower. Replace lid and let steam for 5 minutes.
4. Separate Swiss chard stalks from leaves. Dice stalks and add to pot, stir, and replace lid.
5. Chop garlic and Swiss Chard leaves.
6. Scoot the veggie mixture to the side, clearing space in the pot to add the salmon. Place butter in that clearing. Once melted, place salmon skin-side down and then cover with veggies. Next, add in the chopped garlic, then Swiss chard greens. Replace lid and let cook for 8-10 minutes. Try to leave the lid on because it will allow the salmon to cook without needing to be flipped. You want the skin side to become nicely crispy without being burned.
7. Remove from heat. To serve, scoop out veggies and arrange on the plate. Next, use a spatula to remove the salmon keeping the skin in-tact if possible (the skin has the highest concentration of omega-3s). Garnish with a little Maldon salt. Serve with lemon wedges!