

# Coriander Salmon with Coconut-Tomato Salsa

From "Food: What the Heck Should I Cook?"  
by Mark Hyman, MD at [www.drhyman.com](http://www.drhyman.com)

medium mixing bowl  
chopping board and knife  
measuring cups and spoons  
baking dish  
food processor  
large skillet  
heatproof stirring spoon  
4 serving plates

## Do this

## with these INGREDIENTS

- Preheat** the oven to 350°F (175°C).
- Prepare** the **salsa** by combining in the medium bowl
  - 1 large **tomato**, roughly chopped
  - 2 TBS **shredded coconut**, toasted
  - 2 TBS **extra virgin olive oil**
  - ¼ cup diced **red onion**
  - ¼ cup loosely packed **basil leaves**, thinly sliced
  - ¼ tsp **cayenne pepper**
  - juice of 1 **lime**
- Place**, skin side down, in an **oiled** baking dish
  - 4 x 4oz (115g) **wild salmon fillets**
- Coat** the **salmon** with
  - 2 tsp **ghee or avocado oil**
  - 1 tsp **sea salt**
  - 2 TBS (6 tsp) **ground coriander**
- Bake** the salmon for 10 to 12 minutes.
- Meanwhile, coarsely **chop** the florets of
  - 1 small head **cauliflower**
- Add** to the food processor and **pulse** in 3 second increments until broken up into ¼ to ½ inch pieces.
- In the skillet over a medium heat, **warm**
  - 2 TBS **ghee or avocado oil**
- Add** the cauliflower with
  - 1 **red or orange bell pepper**, sliced
  - 10 **asparagus spears**, woody ends removed and cut into thirds
- Cook** the **vegetables**, stirring occasionally, for 5 to 6 minutes, then **season** with
  - 1 tsp **sea salt**
- Divide** the vegetable mixture amongst the plates, **top** with a salmon fillet, then a scoop of salsa, and **serve**.

