



Salmon with avocado and grapefruit

30'
Hands on

15'
Cook Time

4
Portion(s)

1
Difficulty



Method

For the dressing

- Juice one of the grapefruits and pour its juice into a [bowl](#).
- Add the olive oil, the salt, the pepper, and stir with a spoon.
- Peel the second grapefruit and segment it.
- Add the grapefruit segments to the bowl with the juice and set aside.
- [Peel the avocados](#) and cut them into slices.
- Transfer the avocado slices to the bowl with the dressing and set aside until needed.

For the salmon

- Heat a [frying pan](#) over medium heat.
- Brush the salmon fillets with the olive oil, and season them with salt and pepper.
- Sauté the fillets for 2 minutes on each side, firstly with the skin side down.
- Remove the fillets from the pan.

To serve

- Serve the salmon fillets with the dressing.
- Sprinkle with the coriander leaves, pepper, and serve with half an avocado cut into slices.

Ingredients

For the dressing

- 2 grapefruit(s), red
- 30 g olive oil
- salt
- pepper
- 2 avocado(s), ripe

For the salmon

- 800 g salmon, 4 fillets skin-on
- 30 g olive oil
- salt
- pepper

To serve

- 2 tablespoon(s) coriander leaves
- pepper
- 2 avocado(s), cut into slices

Διατροφικός πίνακας

Nutrition information per portion

| | | | |
|---------------------------|-----------------------|-----------------------------|----------------------------|
| 698 Calories (kcal) | 52.0 Total Fat (g) | 9.5 Saturated Fat (g) | 12.0 Total Carbs (g) |
| 35% | 74% | 48% | 5% |
| 6.5 Sugars (g) | 43.0 Protein (g) | 3.5 Fibre (g) | 1.1 Sodium (g) |
| 7% | 86% | 14% | 18% |