

Chili Salmon



Nutritional Info

Amount Per Serving

Serves 4

Calories: 351

Total Fat: 22g

Carbs: 2g

Protein: 34g

Ingredients

4-8 ounce salmon filets, the skin-on-the-bottom

Kosher salt and pepper to taste

6 tablespoons chili oil

1/4 cup green onions, chopped fine

Directions

With skin side down, season salmon well with Kosher salt and pepper and cover with chili oil. Let sit 10 minutes.

Heat a non-stick pan really really well until almost smoking. Carefully add salmon, skin side up this time. Let cook until about half done, depending on how thick your salmon is it should probably be about 5 minutes. Flip over, cook another 3 to 4 minutes and remove.

I like to serve it o fresh steamed rice with the green onions as garnish.