

Salmon with Chive Mustard Butter (Low Carbohydrate)



Carbohydrate Level: Moderate		Serves: 6
(Per Serving :)		
Carbohydrate:		1.2g
Protein:		37.2g

Ingredients:

1350g Salmon fillets (boned and skin on)
 1 and ½ tbs Dijon mustard
 1 and ½ tbs grated orange zest
 3 and ½ tbs fresh lemon juice
 2 x ¼ teaspoon cracked black pepper
 8 tbs unsalted butter (softened)
 5 tbs finely chopped chives.
 Salt

Method:

Preheat oven at 210°C. Wash and make sure the salmon is divided into 6 even portions. Lightly butter a baking dish big enough to hold the fish portions. In a medium size bowl, add the mustard, orange zest, 1 and ½ tbs lemon juice, 2 pinches salt, ½ cracked pepper and 3 tbs of the chopped chives. Combine well. Place the fish into the baking dish brush each fillet with the remaining lemon juice and sprinkle with some salt and cracked pepper. Coat each portion evenly with approximately 2 tbs of the butter mixture in the bowl. Bake in preheated oven for approximately 12 minutes or till done. To check, place the end of a sharp, small knife in into the thickest part and should go in easily and start to flake. Place on serving plates and spread the rest of the butter mixture evenly on the portions and serve. Great with salad or seasonal vegetables.