



## Christy Boston's Kitchen

### Website:

[www.christybostonskitchen.com](http://www.christybostonskitchen.com)

### Serves 2

Total Time: 30 mins

Prep: 15 mins

Cook: 15 mins

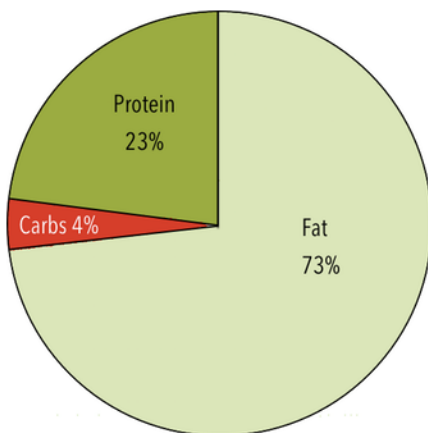
### Nutritional Info per serving:

Cal: 697.3, Fat: 55.3g,

Protein: 39.3g, Net Carbs: 6.5g,

Sugar: 4.7g

### Macros:



# Salmon with Pepper Relish and Lime Cream Sauce

## Ingredients:

### Sauce:

- 1/4 cup mayonnaise
- 1 tablespoon lime juice
- 1/4 teaspoon salt
- 1/8 teaspoon ground pepper
- 1 drop lime essential oil

### Relish:

- 1 tablespoon olive oil
- 1/4 yellow onion, diced
- 2 yellow baby bell peppers, seeded and chopped
- 2 orange baby bell peppers, seeded and chopped
- 1/2 jalapeño pepper, seeded and chopped
- 1 sun-dried tomato, chopped
- 4 small scallions, sliced

### Salmon:

- 1 tablespoon olive oil
- 12 oz. salmon filet with skin, cut in half crosswise
- cilantro leaves, for garnish

## Directions:

In a small bowl, whisk together the ingredients for the sauce. Set aside.

For the relish: Heat 1 tablespoon olive oil in a large, heavy skillet over medium-high heat until smoking. Drop in the onion and stir continuously until slightly browned, 1-2 minutes. Next, add the peppers and sun-dried tomato and stir for another 2-3 minutes, or until the peppers are glossy and browning slightly around the edges. Transfer relish to a separate plate and set aside to cool slightly, then toss in the scallions.

For the salmon: Add the second tablespoon of olive oil to the hot skillet. Swirl the oil in the skillet so it covers the bottom and picks up all the char from the vegetables used to make the relish. Place salmon fillets in the infused oil, skin side up. Sear for 2 minutes, then flip them over. Lower the heat and cook for another 7 minutes or until lightly cooked through (don't overcook them!). The skin should peel away when lifting the filets out of the pan.

To serve, drizzle the lime sauce onto plates in a zig-zag pattern (or you can use a spoon to swirl it onto the plates), about a tablespoon or two of the sauce per plate should do it. Carefully place the salmon fillets on top of the sauce. Top the salmon with a generous spoonful or two of the pepper relish and garnish with a sprig of cilantro.

Sit back and enjoy with a glass of white or your favorite citrus cocktail.