

Keto Roasted Salmon w/ Hollandaise Sauce

Ingredients:

4 6-oz. salmon fillets
1 T. extra virgin olive oil
Sea salt and black pepper, to taste

Easy Blender Hollandaise Sauce:

3 egg yolks
1½ T. lemon juice
1/8 t. salt
1/8 t. cayenne pepper
6 T. unsalted butter
2 T. fresh chives, chopped

There is some debate regarding the safety of Hollandaise sauce. Traditional cooking methods involve “cooking” the eggs over very low heat using a double boiler before whisking in the butter. With the blender method described below, it is important to start with very warm, melted butter (it should be bubbling, but not scorched). The stovetop method of melting the butter will give better control in terms of achieving warm and bubbling results without overdoing it.

Directions:

1. Preheat oven to 400°F and line a large, rimmed baking sheet with a piece of parchment paper or a Silpat® baking mat. Place the salmon filets on the prepared baking sheet and brush with olive oil. Season with salt and black pepper, to taste.
2. Place the baking sheet in the oven to roast for 12-15 minutes, or just until the salmon flakes easily. Do not overcook.
3. Right before the salmon is ready to come out of the oven, add the egg yolks, lemon juice, salt, and cayenne pepper to a high-speed blender and melt the butter in a small saucepan or in the microwave until it is completely liquid and bubbling.



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awakenings

Prep time: 5 minutes
Cook time: 15 minutes
Serves: 4

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Keto Roasted Salmon with Hollandaise Sauce

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Directions (continued):

4. Blend the eggs yolks, lemon juice, and seasonings for several seconds, then slowly drizzle the warm, melted butter into the blender while it is still operating. (Once the butter has been added to the blender, the mixture should quickly develop a smooth, creamy consistency. If it is too thick, add a tablespoon of warm water and blend for another couple of seconds).
5. Taste the sauce and add additional lemon juice, salt, or cayenne pepper, as desired. Pour the sauce into a serving container and set it in lukewarm water until ready to use. (Avoid overly hot water as it will cause the eggs to solidify).
6. When the cook time is complete, remove the salmon from the oven and serve immediately with roasted asparagus, broccoli, or your choice of sides. Drizzle some warm hollandaise sauce on top, along with the fresh chives right before serving. Enjoy!

Macros - per serving*

Calories: 467

Fat: 34.85g

Carbs: 0.93g

Net Carbs: 0.93g

Protein: 36g

*Source: HappyForks.com

Nutritional information provided for entertainment purposes only and should not be construed as medical guidance or advice. All information is based solely on results provided by HappyForks.com and is not guaranteed to be accurate.

*"Instead of going out to dinner,
buy good food. Cooking at home
shows such affection."*

~ Ina Garten

