SPANISH · LUNCH · DINNER

Crispy-Skin Salmon a la Plancha with Garlic-Parsley Oil

Salmón a la plancha

15 min · Serves 3 · 347 kcal a serve · Video 6:49 · Spain on a Fork

Pescatarian · Paleo · Gluten-free ingredients · No dairy listed · No nuts listed

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24 g protein and almost no carbs a serve: salmon seared skin side down in a dry pan, then dressed with olive oil, raw garlic and parsley. No butter, flour or sugar. Very rich in omega-3 fats, vitamin D and B12.

Diet notes: Keto (0.4 g net carbs a serve).

Ingredients 5 · SERVES 3

- [ ] 14 oz **fresh salmon fillet**, skin on, cut into 3
- [ ] 3 tbsp (3 tbsp) extra **virgin olive oil** (a little for the fish, 2 tbsp for the sauce)
- [ ] 1 **garlic** clove, finely grated
- [ ] 2 tbsp finely chopped **parsley**
- [ ] **sea salt** to taste and black pepper

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Fish. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Heat a nonstick grill pan or frying pan over medium-high heat with no oil in it. 1:00
2. Pull out any pin bones, pat the salmon completely dry (especially the skin) and cut it into 3 even fillets. 1:33
3. Rub the fillets all over with a little olive oil and season both sides with salt and pepper. 2:02
4. Lay them in the hot pan skin side down and cook 4 minutes, then turn and cook 2 minutes more for fillets 1 inch thick (30–60 seconds less or more for thinner or thicker ones). 2:32
5. Lift the salmon out and keep it skin side up so the skin stays crisp. 3:26
6. Stir 2 tbsp olive oil with the grated garlic, parsley and a pinch of salt and spoon it over the salmon. 3:56

> **Tip** The skin goes down first and stays down most of the time: it protects the flesh and crisps in its own rendered fat.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 3 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
347 kcal	24 g	0.5 g	0.1 g	27 g	460 mg
1,450 kJ	49% of a day	0.4 g net · 0 g sugars	0% of a day	4.6 g saturated	20% of a day
		0% of a day		35% of a day	

Energy from net carbs 0% · protein 28% · fat 72% — fits keto: 0.4 g net carbs, 72% of the energy from fat

High in (20%+ of a day) Omega-3 164% · Vitamin B12 128% · Selenium 83% · Vitamin D 60% · Vitamin K 43% · Vitamin E 39% · Vitamin B6 39%

Recipe and video: Spain on a Fork on YouTube — youtube.com/watch?v=sAWyZ8XY_HQ. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/salmon-a-la-plancha-picadillo