



INSTITUTE FOR PEAK HEALTH

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Roasted Salmon with Celery Root Slaw

Recipe by Alex Guarnaschelli, adapted by Catheryn Eichman

Ingredients:

- 2 lemons
- ½ cup mayonnaise, such as Primal Kitchen
- ¼ cup light coconut milk
- 1 tbsp poppy seeds
- ½ tsp crushed red pepper flakes
- 1 medium celery root (celeriac), peeled and julienned
- 1 medium red or orange bell pepper, de-seeded and julienned
- ½ cup chopped fresh Italian parsley
- Salt and pepper, to taste
- 2 tbsp avocado oil
- 4-6 8 oz portions of skin-on wild Alaskan salmon fillets
- 1 tbsp ghee

Instructions:

1. Preheat oven to 500°F and line a baking sheet with parchment paper or foil.
2. First, section the lemons. use a sharp paring knife to slice the tops and bottoms off each lemon. Peel each lemon by cutting down the length of each lemon all around, be sure to remove the outer peel and white pith underneath. Cut the lemon into wedge-shaped sections by slicing between the membranes, but the wedges into a bowl. Leave any fibrous pieces or pits behind.
3. Squeeze any juice from the empty membranes into the same bowl and then discard the empty membranes.
4. Next, make the slaw. In a large bowl, whisk together the mayo, coconut milk, red pepper flakes, and poppy seeds. Stir in the celery root, bell peppers, parsley, and lemon wedges. Season with salt to taste, then cover and refrigerate.
5. Grease baking sheet with 1 tbsp avocado oil. Arrange salmon on the prepared baking sheet, skin side down. Drizzle over remaining oil and place small dollops of ghee on top. Season with salt and pepper.
6. Roast the salmon until medium rare for 8 minutes. If you prefer well-done salmon, roast for 13-15 minutes. Remove the pan from the oven and transfer the salmon onto a serving platter. Let rest for 5-10 minutes.
7. When ready to serve, arrange slaw on top of salmon and serve immediately.

Recipe Note:

- Use orange instead of lemon, if lemon is too acidic.