

Baked Salmon with Kale Lemon

JOYOUS HEALTH

Pesto

Recipe by Joy McCarthy from Joyous Health

Ingredients:

PESTO

- 1 bunch of dino kale or curly kale*
- 3/4 cup walnuts
- 1 garlic clove
- Juice from 1 lemon
- 1/3 cup olive oil or more to consistency you like
- Sea salt to taste

SALMON

- 4 salmon filets (3 to 4 oz. each)
- 4-6 lemon wedges
- Sea salt and pepper to taste

Instructions:

1. In a large food processor, add kale, walnuts, garlic, lemon juice, olive oil and sea salt. Give a blitz.
2. If needed, add more olive oil to ensure a smooth consistency.
3. Give a taste test, add more lemon or sea salt if needed. Set aside while you make the salmon.
4. Preheat oven to 350F (180C). Place parchment paper on to a baking sheet or pan.
5. Place salmon filets skin side down on baking sheet. Sprinkle with sea salt, pepper and place lemon wedges on top.
6. Bake for 20-25 minutes to desired doneness. I like cooking salmon to medium for maximum juiciness. Halfway through top with pesto.
7. Once desired doneness is reached, top with more pesto and serve right away.
8. I recommend serving this with baked broccoli and cauliflower with tahin lemon sauce from The Joyous Cookbook on page 112.
9. Store leftover pesto in the fridge for up to 5 days. Store leftover salmon in the fridge for 1 day.

Notes:

Serves 4. If you use curly kale, you'll need to add more olive oil because it absorbs a lot of oil.