

Salmon with Coconut Milk

Ingredients

Wild Alaskan Salmon

Coconut oil

Coconut Milk

Garlic

Sea salt and a hint of other seasonings if desired

This can be done in an oven or a pan on the stove. Sprinkle salmon with salt, garlic and other seasonings. Cover with a can of coconut milk. Heat coconut oil in a pan (if cooking on the stove) and then sauté salmon for a few minutes on each side until done (be careful not to overcook).