

Salmon with Fil-Fil Rich Pomegranate

Makes 4 servings

Ingredients

8 inch salmon fillet

2 cloves garlic/minced

½ cup Fil-Fil Rich Pomegranate

1 Tbsp freshly squeezed lemon juice

1 Tbsp extra virgin olive oil

½ tsp sea salt or to taste

Set Oven to 350 Fahrenheit. Salmon tends to stick due to high content of omega3 fatty acids.

For easy cleaning, line an oven tray with aluminum foil.

Wash salmon fillet and pat dry, then place on the tray.

In a small bowl, mix Fil-Fil's Rich Pomegranate with the garlic, olive oil, and Salt then spread evenly on the salmon. Cover loosely with aluminum foil then Place in oven and bake for 15 minutes. Cooking time may vary according to the thickness of the salmon.

Remove from oven and carefully open the foil. With a fork, check for flakiness. If tender when you stick the fork, the salmon is done. Otherwise, return to oven For 2 minutes.

Repeat until the salmon is flaky and tender. Remove from the oven and transfer the salmon to a serving dish. Drizzle the sauce left in the pan and sprinkle the lemon juice over the salmon and serve.

Eat with rice on the side and steamed vegetables.



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