

Chef Penny's Oven Roasted Lemon Dill Salmon On Riced Cauliflower

**Ingredients:**

- 6 oz skinless deboned salmon filet
- 1 Tbsp. fresh dill
- 1/3 cup fresh lemon juice
- 1 Tsp. Dijon mustard
- 1/2 cup sliced mushrooms
- 1/2 cup diced fennel
- 1 cup riced cauliflower
- 1/4 cup diced celery
- 1/2 Tsp. garlic powder
- 1/2 Tsp. onion powder
- 1/2 Tsp. turmeric
- Ideal Protein Salt and pepper to taste

Directions:

1. Preheat broiler to high.
2. In a non-stick oven safe pan, spray cooking spray on pan over low to medium heat.
3. Sauté diced fennel until softened, using a little water to steam the vegetables, 1 tablespoon of water at a time.
4. Add mushrooms and keep sautéing, using water and steam to cook it off.
5. Once veggies cook, remove and set aside.
6. In the same pan, spray more cooking spray. Season salmon with Ideal Protein salt and cracked black pepper.
7. Place in pan and cook on medium heat for about 4 min per side or until fish turns opaque and slightly firm to touch.
8. Spoon over the lemon juice, mustard and place in the oven, on second rack not directly under the broiler to form a beautiful crust and cook for another 2-3 minutes. Keep a close eye.
9. While salmon is in the oven, start your cauliflower in another nonstick pan. Spray cooking spray in pan over medium heat and saute your celery, using the same water and steam method above.
10. Add riced cauliflower, garlic powder, onion powder, turmeric, dill, Ideal Protein salt and black pepper.
11. As it starts turning color, use the same water sautéing method to finish cooking off cauliflower.
12. Remove salmon from the oven. Add mushroom and fennel back to the pan and start plating your riced cauliflower, then your mushroom/fennel mixture. Lastly add the fish on top with a squeeze of lemon and some of the fresh dill.