

Helergon Kitchen

Baked Cilantro Lime Salmon with Avocado Salsa

15 min Prep time	**15 min** Cook time	**30 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 4 (6-oz) salmon fillets
- [ ] 2 tbsp olive oil
- [ ] 1 lime, zest and juice
- [ ] 1/4 cup fresh cilantro, chopped
- [ ] 1 tsp sea salt
- [ ] 1/2 tsp black pepper

Avocado Salsa

- [ ] 2 ripe avocados, diced
- [ ] 1 small red onion, finely chopped
- [ ] 1 jalapeño, seeded and minced
- [ ] 2 tbsp fresh cilantro, chopped
- [ ] 1 tbsp lime juice
- [ ] Salt to taste

Instructions

1. Preheat the oven to 400°F (200°C) and line a baking sheet with parchment.
2. Place the salmon fillets on the sheet, drizzle with olive oil, then sprinkle with lime zest, salt, pepper, and half of the chopped cilantro.
3. Squeeze the lime juice over the fillets and bake for 12-15 minutes, until the fish flakes easily with a fork.
4. While the salmon bakes, combine the avocado, red onion, jalapeño, cilantro, lime juice, and a pinch of salt in a bowl; gently toss.
5. When the salmon is done, remove from the oven, let rest 2 minutes, then top each fillet with a generous spoonful of avocado salsa.
6. Garnish with the remaining cilantro and serve immediately with a side of rice or greens.

Nutrition per serving

420 kcal	36 g	12 g	22 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a slightly caramelized finish, try a quick broil for the last 2 minutes (sheet pan lemon garlic butter salmon inspiration).
- Adjust the jalapeño amount for heat level you enjoy.
- For extra zest, add a pinch of lime zest to the salsa just before serving.