

Old Bay Salmon with Lemon Lentil Pasta



PREP TIME:
5 MINUTES

COOK TIME:
12-15 MINUTES

TOTAL TIME:
25 MINUTES

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Recipe type: Gluten Free
Yield: 6 Servings

Salmon Ingredients:

- About 2 lbs. Wild Caught Salmon Sliced into 6 Serving Filets
- 1 TBSP Olive Oil
- 1/2 Teaspoon Himalayan Sea Salt
- Cracked Black Pepper to Taste
- 1 Teaspoon Garlic Powder
- 3 Teaspoon Old Bay Seasoning

Lemon Lentil Pasta Ingredients:

- 2 Boxes - 8 oz. Package Lentil Pasta (*I used Explore Brand*)
- 2/3 Cup Extra Virgin Olive Oil
- 2/3 Cup Romano Cheese
- 1/3 Cup Fresh Squeezed Lemon Juice
- 1 TBSP Lemon Zest
- ¼ Cup Fresh Basil – Thinly Sliced
- Sea Salt & Pepper to Taste

Salmon Instructions:

1. Add olive oil to a large frying pan and heat on medium high.
2. Evenly cover the tops of the salmon with salt, pepper, garlic powder and Old Bay seasoning.
3. Once pan is hot and get a sizzle, add the salmon (**top side down**) to pan.
4. Let cook for about 6-7 minutes and then flip over. Allow to cook another 6-7 minutes (give or take).

Pasta Instructions:

1. Cook pasta according to box instructions while salmon is cooking.
2. Reserve about ½ cup of the liquid from pasta.
3. Add pasta and liquid to a large bowl. Add olive oil, lemon juice, lemon zest, cheese, salt & pepper.

4. Lightly toss in basil. Top pasta with salmon.
5. Serve with your favorite veggies.

***Try and use all organic ingredients if possible.**

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