

Treasure Barrel

Baked Cilantro Lime Salmon With Avocado Salsa

15 min Prep time	**20 min** Cook time	**35 min** Total time
4 Servings	**Easy** Difficulty	**Mexican** Cuisine

Ingredients

Salmon & Glaze

- [ ] 4 (6-oz) salmon fillets, skin on
- [ ] 2 tbsp unsalted butter, softened
- [ ] 1 tbsp olive oil
- [ ] 1/4 cup fresh cilantro leaves, finely chopped
- [ ] Zest of 1 lime
- [ ] 2 tbsp lime juice
- [ ] 1 tsp sea salt
- [ ] 1/2 tsp black pepper

Avocado Salsa

- [ ] 2 ripe avocados, diced
- [ ] 1 small red onion, finely minced
- [ ] 1 medium tomato, seeded and diced
- [ ] 1/4 cup fresh cilantro, chopped
- [ ] 2 tbsp lime juice
- [ ] Salt to taste
- [ ] Pinch of cayenne (optional)

Instructions

1. Preheat the oven to 400°F (200°C). Line a baking sheet with parchment.
2. In a small bowl, mash butter with olive oil, cilantro, lime zest, lime juice, salt, and pepper until smooth.
3. Place salmon fillets skin-side down on the sheet, brush the butter mixture generously over the flesh.
4. Bake for 12-15 minutes, until the fish flakes easily with a fork but remains moist.
5. While salmon bakes, combine avocado, red onion, tomato, cilantro, lime juice, salt, and optional cayenne in a bowl; toss gently.
6. Remove salmon, let rest 2 minutes, then top each fillet with a hearty spoonful of avocado salsa.

Nutrition per serving

420 kcal	32 g	12 g	28 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a crispier top, switch the oven to broil for the last 2 minutes.
- For a smoky twist, add a pinch of smoked paprika to the glaze.
- Serve with a wedge of lime for extra brightness.