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**MetaBurn90 Day 7, Meal 3**

**Grilled Salmon with Chili Butter and Roasted Mushrooms**

Salmon is a great source of healthy omega-3 fats and plenty of other nutrients, while roasted portobello mushrooms and Swiss chard are delicious, low-calorie sides with plenty of nutrients and savory, mild flavors. Adding harissa paste to the butter helps take this simple dish to a whole new level. If spicy is not your thing, substitute chopped fresh herbs or garlic instead.

Prep time: 5 min. Cook time: 20 min.

Serving size: 1 fillet

Recipe yields 1 serving

**Ingredients**

2 medium-sized portobello mushrooms  
1 tbsp unsalted butter at room temperature  
1 tsp harissa paste, or similar chili paste  
1/2 bunch of Swiss chard  
3-oz. salmon fillet  
Salt to taste  
Olive oil to taste  
Dash of vegetable stock

**Directions**

1. Preheat oven to 375 degrees F.
2. Clean the mushrooms by removing the stems and the gills. Season by drizzling with a little olive oil and sprinkle generously with salt. Bake for 10 minutes.
3. Whip together the butter and harissa and set aside.
4. Wash and de-stem the swiss chard. In a pan on medium heat, add the swiss chard with a little bit of vegetable stock and cook until wilted. Season to taste with salt. Add the roasted mushrooms to the pan with the swiss chard.
5. Season the salmon well with salt. Heat a skillet with a little bit of olive oil until smoking. Carefully add the salmon to the pan, dropping the fish away from you to prevent splashing hot oil back on yourself.

6. Cook on high for 2-3 minutes, then carefully flip the salmon. Cook for another 2-3 minutes depending on thickness. In the last 30 seconds of cooking, place the chili butter on the salmon so that it starts to melt.
7. Serve the salmon over the mushrooms and chard.