

# Wild Salmon and Prosciutto Cups

by **Healing Family Eats**

Makes 10

10 slices prosciutto  
1 lb wild salmon, skin off and cubed  
1/2 cup pitted black kalamata olives, roughly chopped  
1/2 packed cup chopped cilantro  
1/2 red onion, finely chopped  
1 tsp [fish sauce](#)  
zest 1 large lemon  
2 tbsp lemon juice  
1/2 tsp [kelp flakes](#)  
1/4 cup [pumpkin purée](#)  
small amount [coconut oil](#) to grease the pans



Preheat the oven to 400F.

Put the filling ingredients into a food processor and pulse a few times until thoroughly combined, but not paste-like.

Lightly grease ten cupcake moulds with coconut or avocado oil. Line each one with a piece of prosciutto, allowing the excess to fall over the edges. Don't worry if your prosciutto slices aren't perfect, you can easily patch it up. Divide the mixture between the moulds and flatten them down at the top. Cover with the overlapping prosciutto.

Place in the oven and cook for 5 minutes. Transfer to the grill for a further minute or two to lightly colour the tops.

Let the cups rest for 5 minutes or so to firm up before serving.

Serve a couple per person. Alternatively allow to cool and refrigerate or freeze. They make wonderful hand-held snacks or quick cold breakfasts/lunches.

**Tip:** Fry a small amount of the mixture in some coconut oil to test the seasoning is to your taste.