

Pan-Seared Salmon with Lemon and Dill

4 servings • Category: Dinner • Generated by Nutrifax

Ingredients

- 4 × 1/2 fillet Fish (salmon, atlantic, farmed, raw)
- 2 tbsp Vegetable oil (olive)
- 2 tbsp Butter (unsalted)
- 3 clove Garlic (raw)
- 3 tbsp Lemon juice (raw)
- 4 × 5 sprigs Spices (dill weed, fresh)
- 1/2 tsp Salt (table)
- 1/2 × 5 ml ground Spices (pepper, black)

Instructions

1. Remove the salmon from the fridge 15 minutes before cooking. Pat dry with paper towel and season both sides with salt and pepper.
2. Heat the olive oil in a large non-stick skillet over medium-high heat until shimmering.
3. Place the salmon fillets skin-side up in the pan. Cook without moving for 4 minutes until a golden crust forms.
4. Flip the fillets carefully. Reduce heat to medium. Add the butter and minced garlic to the pan.
5. Cook for another 3-4 minutes, basting the salmon with the garlic butter, until the fish flakes easily with a fork.
6. Squeeze the fresh lemon juice over the salmon. Scatter the fresh dill on top.
7. Serve immediately with the pan juices spooned over. Pairs well with roasted asparagus or steamed rice.