

PAN SEARED SALMON WITH DIJON SAUCE



SERVING SIZE

4



INGREDIENTS

ITEM

QUANTITY

Salmon Fillets
Lemon Juice
Dijon Mustard
Garlic Cloves, Minced

4
½ Cup
4 Tsp.
4

ITEM

QUANTITY

Dried Dill
Salt & Pepper
Paprika

½ Tsp.
To Taste
To Taste



PREPARATION

- Pat the salmon fillets dry with a paper towel. Season both sides with salt, pepper, and paprika.
- In a small bowl, mix lemon juice, Dijon mustard, minced garlic, and dried dill.
- Heat a pan over medium-high heat. Lightly grease with a bit of oil.
- Place salmon fillets skin-side down and cook for 3-4 minutes until crispy.
- Flip the salmon, pour the Dijon sauce over the fillets, and cook for another 3-4 minutes or until cooked through.
- Transfer to a plate and drizzle with any remaining sauce from the pan.
- Enjoy warm!