

Seared Salmon

15 min start to finish

Serves 2

2 6 oz Salmon Filets

2 Tbs unsalted butter + 2tbs Cold unsalted butter

1 Tbs Olive Oil

1 lemon, juiced

2-3 cloves garlic, smashed

Salt and Pepper to taste

½ tsp Garlic powder

2 Tbs Scallions + more for garnish

Pat Salmon filets dry with clean paper towels.

Generously season salmon with salt, pepper and garlic powder on all sides.

Set a large skillet on Medium High heat. Add 1tbs olive oil. When pan is hot, add 2 tbs butter. Add Salmon, skin side down, and sear for 3-4 min. Do not move salmon around so it can form a crust.

Reduce heat to medium and carefully flip the salmon. Cover and sear another 3-4 minutes. Remove salmon and let it rest, covered.

Add the smashed garlic to the pan and let it saute 2-3 minutes until fragrant. Remove the pan from heat and add the juice of one lemon. Scrape the bottom of the pan if necessary. Turn off the heat. Add the other 2 tbs of cold unsalted butter to the pan and swirl to incorporate and slowly melt. Add 2 tbs of chopped scallions.

Plate Salmon, drizzle pan sauce on top. Add fresh scallions and enjoy with whatever sides you prefer!