

Pan seared Salmon with lemon garlic butter sauce

Ingredients

28 ounces (800 g) skinless salmon filets
Salt and pepper , to season
3 tablespoons lemon juice , divided
1 tablespoon olive oil
2 tablespoons butter
6-8 cloves garlic , finely chopped or minced
4 tablespoons fresh chopped Italian parsley leaves , divided
Lemon slices of half a lemon

Instructions

Pat dry room temperature salmon filets with paper towel. Season all over with salt, pepper. Squeeze 1-2 teaspoons of lemon juice over each filet, and rub all the flavour in.

Heat the olive in a large non-stick pan or skillet over medium-high heat until hot. Place salmon filets flesh side down, pressing them lightly so the entire surface of the flesh comes into contact with the pan. Sear, undisturbed, for 3-4 minutes until crispy and golden.

Flip and sear the other side of each filet for TWO minutes. Add in the butter, chopped garlic, 3 tablespoons of parsley, remaining lemon juice and lemon slices. Stir the butter and garlic around each filet.

Continue to cook the salmon for a further 1-2 minutes, or until salmon reaches desired doneness. (The butter will begin to brown slightly.) Taste test and season with salt and pepper to your tastes, and add more lemon juice if desired.

Garnish with the remaining parsley and drizzle the butter over each filet.

Serve immediately.

Balsamic Vinaigrette

2 tablespoons honey.
1 tablespoon dijon mustard.
1/2 teaspoon fine sea salt.
1/2 teaspoon freshly crushed black pepper finely ground.
1 large garlic clove minced.
1/4 cup balsamic vinegar.
3/4 cup extra virgin olive oil.

Instructions

Combine all ingredients except for Olive Oil in mixing bowl and begin to whisk together. Once everything is combined while whisking slowly drizzle in Olive oil until it is all in and emulsified. use immediately by tossing over lettuce of your choice or store in airtight container in refrigerator.

Toasted Pine Nuts

1/2 cup Pine Nuts

Instructions

Heat small fry pan on med.- low heat until hot then add pine nuts. moved and flip nuts in pan while over flame until you notice color then remove from heat and use immediately as salad topping or store in container.