

Lemon and Dill Salmon with Herb Salad



Tip: Sauté the salmon for 3 minutes on each side for medium-rare, or up to 5 minutes on each side for well done. Total cooking time will vary depending on thickness of the filets.

Ingredients:

1 T. extra virgin olive oil
4 6-oz. Alaskan wild-caught salmon filets

Salt and pepper, to taste
3 c. mixed salad greens
1 c. cherry or grape tomatoes, halved
1 medium English cucumber, peeled, cut in half and seeded
4-5 fresh dill sprigs, roughly chopped

Ingredients Cont.:

¼ c. fresh mint leaves, chopped
¼ c. fresh basil leaves, chopped
1 T. Dijon mustard
2 T. extra-virgin olive oil
2 T. apple cider vinegar
1 fresh lemon, cut into wedges

For garnish:

1 fresh lemon, cut into slices
2 sprigs fresh dill

Directions:

1. Preheat the olive oil in a non-stick pan over medium heat. Season the salmon with some salt and pepper on both sides and place skin-side down in the hot pan. Sear for 3 - 4 minutes before carefully flipping the filets. Cook for another 3-4 minutes before removing from heat.

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Prep time: 10 minutes
Cook time: 10 minutes
Serves: 4

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Directions (continued):

2. In the meantime, combine the mixed salad greens, tomatoes, cucumber, and fresh herbs in a large bowl and toss to combine. Set aside.
3. To make the dressing, whisk the Dijon mustard, olive oil, and apple cider vinegar in a small glass bowl and season with salt and pepper, to taste. Pour dressing over the salad and toss to combine.
4. To serve, season the salmon with a squeeze of fresh lemon juice and a few dill sprigs. Serve with herb salad and enjoy!



. "The only way to keep your health is to eat what you don't want, drink what you don't like, and do what you'd rather not." – Mark Twain