

# 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