



SPOTLIGHT RECIPE

PAN-SEARED SALMON

LEMON-HERBED BUTTER SAUCE, GRILLED VEGETABLES

This pan-seared salmon is cooked to perfection. The fillet is moist and flaky, the lemon-herbed butter sauce is full of flavors, and the fragrant minced garlic with the sharp, fresh acidity of lemon juice and zest bring this dish together.

SERVES 6



For ingredients and cooking directions, please scan the QR code.

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INGREDIENTS

Salmon

- 1 teaspoon thyme, chopped
- 1/2 teaspoon salt and black pepper
- Six 6-ounce salmon fillets
- 1 1/2 tablespoons olive oil

Lemon-Herbed Butter Sauce

- 5 tablespoons butter
- 2 cloves garlic, minced
- 2 teaspoons parsley, chopped
- 1 teaspoon thyme, chopped
- 1 tablespoon basil, chopped
- 2 teaspoons chives, chopped
- Juice of 1 lemon and zest

Grilled Vegetables

- 12 slices zucchini
- 12 slices eggplant
- 3 red bell peppers, cut into 4 pieces
- 2 teaspoons olive oil
- 1/2 teaspoon salt and pepper

DIRECTIONS

Marinate the salmon with the thyme, salt and pepper. Heat the olive oil in a nonstick pan over medium-high heat. Cook the salmon for 5 minutes on each side until there is a golden crust and the internal temperature reaches 145 F. Take the salmon out of the pan and set it aside.

In the same pan, add the butter, garlic and all the herbs, and then sauté for about 1 minute to make the sauce. Stir in the lemon juice and lemon zest. Set aside.

Preheat the grill to medium heat. In a bowl, toss the vegetables with olive oil, salt and pepper. Grill the vegetables for 5 minutes, turning occasionally, until tender and lightly browned. Remove them from the heat and set aside for serving.

