

Helergon Kitchen

Marry Me Salmon – Easy Weeknight Dinner

10 min Prep time	**15 min** Cook time	**25 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

For the Salmon

- [ ] 4 salmon fillets (about 6 oz each), skin on
- [ ] 1 tbsp olive oil
- [ ] Salt and freshly ground black pepper, to taste
- [ ] 1 lemon, zest and juice

For the Butter Herb Sauce

- [ ] 4 tbsp unsalted butter
- [ ] 2 cloves garlic, minced
- [ ] 2 tbsp fresh dill, chopped
- [ ] 2 tbsp fresh parsley, chopped
- [ ] Pinch of red pepper flakes (optional)
- [ ] Splash of extra-virgin olive oil

Instructions

1. Preheat your oven to 400°F (200°C). Place a large oven-safe skillet on the stovetop over medium-high heat.
2. Pat the salmon dry, drizzle with olive oil, then season both sides with salt, pepper, and lemon zest.
3. Add a thin layer of butter to the hot skillet; lay the salmon skin-side down and sear for 3-4 minutes until the skin is crisp.
4. Transfer the skillet to the oven, bake for 6-8 minutes until the flesh is opaque to the touch.
5. While the salmon bakes, melt the remaining butter in a small saucepan, stir in garlic, herbs, lemon juice, and a pinch of red pepper flakes; simmer gently for 2 minutes.
6. Remove the salmon from the oven, drizzle the warm herb-butter sauce over each fillet, and garnish with extra fresh herbs and a lemon wedge.

Nutrition per serving

420 kcal	34 g	5 g	28 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a milder flavor, reduce the garlic to one clove.
- For extra crispness, press the salmon skin with a spatula while searing.
- A dash of flaky sea salt at the end adds a pleasant crunch.