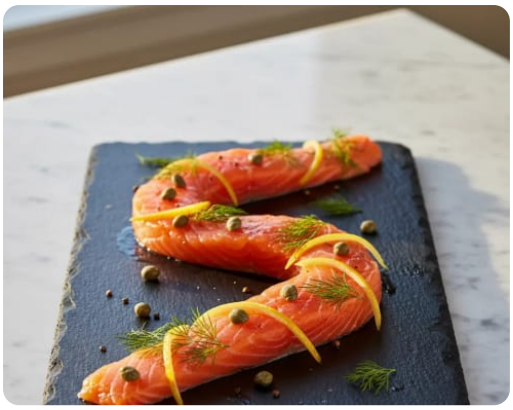


Helergon Kitchen

Smoked Salmon Recipe – Easy Weeknight Dinner

10 min Prep time	**10 min** Total time	**2** Servings
Easy Difficulty	**Mediterranean** Cuisine	**Main Course** Course

Ingredients

Main Ingredients

- [ ] 200 g smoked salmon, sliced thin
- [ ] 1 tbsp extra-virgin olive oil
- [ ] 1 tbsp fresh dill, chopped
- [ ] 1 tsp lemon zest
- [ ] 1 tbsp capers, rinsed
- [ ] Cracked black pepper to taste

Instructions

1. Place the salmon slices on a chilled plate, arranging them in a single, overlapping layer.
2. Drizzle the olive oil evenly over the fish; the oil adds shine and helps the flavors meld.
3. Scatter the chopped dill, lemon zest, and capers across the top, then finish with a light crack of black pepper.
4. Let the assembled plate sit for five minutes at room temperature – this releases the smoky aroma.
5. Serve with crusty bread or atop a simple mixed-green salad, and enjoy the quiet elegance.

Nutrition per serving

210 kcal	22 g	1 g	12 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you like a little heat, add a pinch of red pepper flakes.
- For extra freshness, serve with thinly sliced cucumber.
- A splash of good-quality lemon juice right before eating brightens the dish.