

Fried Salmon

This is a simple and easy dish with tasty results.



Main Dish

20 min

Total time

Easy

Difficulty

220

kcal / serving

Ingredients

- 2oz of salmon, 1 tablespoon of olive oil, 1 clove of garlic, 1 teaspoon of lemon juice, salt and pepper to taste

Steps

- 1 Place the salmon the in a pan with the oil.
- 2 Mince the garlic, add it to the pan and fry on medium-high heat until lightly golden brown.
- 3 Add lemon juice and season with salt and pepper and cook for a couple of more minutes.
- 4 Serve with side dish of couscous or mashed potatoes.