

Pan-Grilled Salmon

Smoked salmon with vegetables – a healthy main dish with few ingredients and effort.



Main Dish

15 min

Total time

Easy

Difficulty

200

kcal / serving

Ingredients

- Ingredients:
- 100g Salmon
- 20g butter
- Salt and pepper to taste
- Olive oil 1 teaspoon
- Parsley, parsnip and carrots for garnish (optional)

Steps

- 1 Preheat a pan over medium-high heat.
- 2 Add the butter in the pan and swirl it all around to cover the surface.
- 3 Place the salmon fillet on the pan and season with salt and pepper.
- 4 Cook for about 3 minutes each side or so until cooked through and slightly golden in colour.
- 5 Drizzle with olive oil and add the garnishes if using.
- 6 Serve and enjoy!