

BAKED GARLIC BUTTER SALMON

INGREDIENTS:

Salmon

- 4 salmon fillets (about 6 oz each)
- 1 teaspoon salt
- ½ teaspoon black pepper
- 1 tablespoon olive oil

Garlic Butter Sauce

- 4 tablespoons unsalted butter, melted
- 4 cloves garlic, minced
- 1 tablespoon lemon juice
- 1 teaspoon Dijon mustard
- 1 teaspoon honey
- 2 tablespoons fresh parsley, chopped

Optional

- Lemon slices for serving

DIRECTIONS:

1. Preheat oven to 400°F (200°C). Line a baking sheet with parchment paper or lightly grease it.
2. Pat the salmon fillets dry with paper towels. Season both sides with salt and black pepper.
3. Heat olive oil in a large oven-safe skillet over medium-high heat. Add the salmon, skin-side down, and sear for 2-3 minutes.
4. In a small bowl, whisk together melted butter, garlic, lemon juice, Dijon mustard, honey, and parsley.
5. Pour the garlic butter sauce evenly over the salmon.
6. Transfer the skillet to the preheated oven and bake for 10-12 minutes, or until the salmon is cooked through and flakes easily with a fork.
7. Serve immediately with lemon slices, if desired.