

SALMON WITH CREAMY DILL SAUCE

INGREDIENTS:

Salmon

- 4 salmon fillets (about 6 oz each)
- 1 tablespoon olive oil
- ½ teaspoon salt
- ½ teaspoon black pepper
- 1 lemon, cut into wedges

Creamy Dill Sauce

- ½ cup sour cream
- ¼ cup mayonnaise
- 1 tablespoon fresh lemon juice
- 1 tablespoon fresh dill, chopped
- 1 teaspoon Dijon mustard
- 1 clove garlic, minced
- ¼ teaspoon salt
- ¼ teaspoon black pepper

DIRECTIONS:

1. In a small bowl, whisk together all sauce ingredients.
2. Refrigerate until ready to serve.
3. Pat the salmon fillets dry with paper towels.
4. Season both sides with salt and black pepper.
5. Heat olive oil in a large nonstick skillet over medium-high heat.
6. Add the salmon, skin-side down.
7. Cook for 4–5 minutes until the skin is crisp and golden.
8. Flip and cook for another 3–4 minutes, or until the salmon is cooked through and flakes easily with a fork.
9. Serve the salmon warm with creamy dill sauce on top or on the side.
10. Garnish with extra dill and serve with lemon wedges.