

Pan-Seared Sockeye Salmon with Garlic Herb Butter





Instructions

1. Season salmon with salt and pepper.
2. Heat olive oil in a skillet over medium heat.
3. Cook salmon skin-side down for 4–5 minutes, then flip and cook 2–3 minutes more.
4. In a separate pan or microwave, melt butter with garlic, herbs, and lemon juice.
5. Drizzle garlic herb butter over salmon before serving.

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