

Choco Fever Dream

Marry Me Salmon

Quick, heart-warming salmon that’s ready in minutes, full of bright citrus and gentle herbs.

10 min Prep time	**20 min** Cook time	**30 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 4 salmon fillets (6-oz each), skin on
- [ ] 2 tbsp olive oil
- [ ] 1 lemon, zest and juice
- [ ] 2 cloves garlic, minced
- [ ] 1 tbsp honey (optional)
- [ ] 1 tbsp fresh dill, chopped
- [ ] Salt and pepper to taste

Instructions

1. Pat the salmon dry, season with salt and pepper, then let it sit for a minute while you whisk together olive oil, lemon juice, zest, garlic, and honey.
2. Heat a skillet over medium-high heat; place the fillets skin-side down and cook 4-5 minutes, resisting the urge to move them until the skin is golden and releases easily.
3. Flip the fillets, brush the glaze over the flesh, and cook another 2-3 minutes until just opaque.
4. Transfer the pan to a preheated oven at 400°F for 5-6 minutes, then sprinkle fresh dill and serve immediately.

Nutrition per serving

340 kcal	30 g	8 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a richer flavor, add a splash of white wine to the glaze.
- For extra crispness, press the skin with a paper towel before cooking.
- A quick squeeze of extra lemon right before serving brightens the dish.