

Choco Fever Dream

Salmon Marinade Recipe – Savory Nothings

10 min Prep time	**12 min** Cook time	**22 min** Total time
4 Servings	**Easy** Difficulty	**Mediterranean** Cuisine

Ingredients

Marinade

- [ ] 1/4 cup olive oil
- [ ] 2 tbsp fresh lemon juice
- [ ] 1 tsp lemon zest
- [ ] 2 tbsp chopped fresh dill
- [ ] 1 clove garlic, minced
- [ ] 1 tsp honey
- [ ] Salt and pepper to taste

Fish

- [ ] 4 salmon fillets (about 6 oz each), skin on

Instructions

1. In a small bowl, whisk together olive oil, lemon juice, zest, dill, garlic, honey, salt, and pepper until smooth.
2. Place salmon fillets in a shallow dish, pour the marinade over, and turn gently to coat. Let sit for 15-30 minutes at room temperature.
3. Heat a non-stick skillet over medium-high heat. Add a drizzle of oil, then place salmon skin-side down, cooking 4-5 minutes until the skin is crisp.
4. Flip the fillets, cook another 3-4 minutes, or until the flesh flakes easily with a fork. Finish with an extra squeeze of lemon and a sprinkle of fresh dill.
5. Serve immediately, perhaps alongside a Lemon Crinkle side salad for bright contrast.

Nutrition per serving

320 kcal	30 g	6 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- Do not over-marinate; the acid will start to 'cook' the salmon.
- Pat the fillets dry before searing for a perfect golden crust.
- If you like a touch of smokiness, add a pinch of smoked paprika to the marinade.