

## **Easy 10-minute Crispy Skin Salmon**

4 skin-on salmon fillets, 3 ounce pieces

1/2 teaspoon cumin optional

1/2 teaspoon homemade taco seasoning, optional

1/4 teaspoon oregano optional

1/4 teaspoon garlic powder

Himalayan sea salt and pepper to taste

2 teaspoons avocado or coconut oil (not olive oil )



1. Heat a large heavy-duty pan on high heat for about 2 minutes.

2. While the pan is heating up, rub spices onto dry salmon. Pour oil into pre-heated pan (be sure pan is super hot) . Place salmon into pan, flesh side down and allow to sear for approximately 5 minutes then flip and sear the other side for 4-5 minutes or until center is cooked.

3. Turn off heat and Allow salmon to rest in the same pan for 5 minutes (it will continue cooking as it rests.)