

## **Herb Crusted Salmon**

- 3 ounces butter
- 1 teaspoon Himalayan sea salt
- 1 lemon, juiced and zested
- 1 tablespoon fresh parsley (chopped)
- 1 teaspoon fresh dill (chopped)
- 1 clove garlic (minced)
- Dash of white pepper
- 4 -3 oz wild caught salmon



1. Place all ingredients except for salmon in a small bowl and melt in the microwave for 30-45 seconds.
2. Stir until combined. Place the salmon fillets on a parchment lined baking sheet. Using a pastry brush, coat the salmon with the lemon herb butter, evenly spreading it over the tops of each fillet.
3. Bake in an oven preheated to 400 degrees on the top or second to top rack for 10-12 minutes, or until salmon is cooked through and flakes easily with a fork.
4. Alternately the fish can be broiled on medium/high on the second to top rack for 8-10 minutes, or until cooked through. This method will give you a bit more crunchy, caramelized crust.

Serving Size = 3 ounces of salmon with 2 teaspoons of herb butter