

salmon steak

prep: 5m
bake: 20m

serves: as needed

ingredients:

salt
pepper
dill
lemon juice
olive oil
salmon portions

notes:

✓ great with jasmine rice

instructions:

- preheat oven
- sprinkle salmon portions with salt, pepper, dill
- splash each portion with lemon juice
- coat portions top and bottom with olive oil
- * vacuum seal and freeze extra portions now
- oil an oven friendly cast iron pan or griddle
- bake at 425° f for 20 min

news:

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