

PAN SEARED SALMON WITH DILL BUTTER AND ROASTED ASPARAGUS

Treat yourself to a delightful dinner with Pan-Seared Salmon with Dill Butter and Roasted Asparagus, a dish that elegantly combines freshness and flavor. Begin by roasting asparagus spears seasoned with avocado oil, Himalayan sea salt, and freshly-ground pepper in a preheated 400°F oven until tender and slightly crispy, about 20-30 minutes. Meanwhile, prepare the salmon by seasoning with salt and pepper and searing it in a hot skillet with a dash of coconut or avocado oil. Cook the salmon skin side up initially, then flip to finish until opaque and firm, about 4-5 minutes per side. Enhance the salmon with a homemade dill butter, crafted from grass-fed butter mixed with either dried or fresh dill, finely minced garlic, and organic lemon zest. Serve the salmon topped with a dollop of this aromatic butter and a squeeze of fresh lemon juice for added zest, alongside the golden-roasted asparagus for a perfectly balanced meal.





Ingredients

- 1 lb. thin to medium stalk asparagus spears
- 2 tsp. avocado oil
- Himalayan sea salt and fresh-ground pepper to taste
- 2 6-oz wild-caught salmon fillets (not farm-raised)
- 1/2 Tbs. coconut or avocado oil
- Himalayan sea salt and fresh-ground pepper to taste
- 2 Tbs. grass-fed butter, room temp.
- 1/4 tsp. dried dill or 3/4 tsp. fresh dill
- 1 garlic clove, finely minced
- Zest of half an organic lemon, plus lemon wedges

Instructions

Asparagus

1. Preheat oven to 400°F.
2. Line a baking sheet with parchment paper or foil
3. Trim tough ends of asparagus spears, place on baking sheet and toss with avocado oil, sea salt and pepper.
4. Roast for 20-30 minutes, to desired doneness. Check after 15 minutes to turn spears.

Salmon

1. Preheat a medium sized skillet over medium-high heat. Salt and pepper the salmon.
2. Make dill butter – combine butter, dill, garlic and lemon zest in a small bowl and set aside.
3. Pour oil into heated pan, add salmon (skin side up), cooking for 4-5 minutes. Flip the salmon over, cooking for 4-5 more minutes. (cook time depends on the thickness and size of your salmon – salmon will turn opaque, be firm to the touch and reach 135°F).
4. Remove salmon from pan, topping with the dill butter. Squeeze lemon wedges onto salmon, if desired.