

# PAN SEARED SALMON WITH DILL BUTTER AND ROASTED ASPARAGUS

By Dr. Cindy Tanzar

Makes 3-4 servings



## INGREDIENTS

### Asparagus

- 1 lb. thin to medium stalk asparagus spears
- 2 tsp. avocado oil
- Pink Himalayan salt and fresh-ground pepper to taste

### Salmon

- 2 6-oz wild-caught salmon fillets
- 1/2 Tbs. avocado oil
- Pink Himalayan 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 a 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 sesame 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.