



Monday Night Salmon

Serves: 4

"Monday seems to be here before we even truly feel finished with our Saturday! Monday signifies being back to the "old grind" and most often dinner plans take a back seat. I challenge you to try this almost effortless and healthy salmon recipe that will work into those hectic Monday schedules." - Chef Luke



Ingredients:

- 4 even salmon portions, about 6 ounces each
- 2 tablespoons olive oil
- 2 teaspoons minced garlic
- 2 teaspoon of dry Italian herb mix
- Salt and Pepper
- 1 Large lemon

Directions:

1. Preheat oven to 400°F and grease a large baking sheet, Place salmon fillets on the sheet and season generously with salt and pepper.
2. Stir together olive oil, garlic, herbs, and juice of 1/2 lemon. Spoon over salmon fillets being sure to rub all over . Take the rest of the lemon and thinly slice and put slices over your salmon portions. Bake for around 10-13 minutes until salmon is opaque and flaky when pulled apart with a fork (Ideally use your instant read thermometer I have been begging you to buy)
 - 125°F for a silkier salmon
 - 145°F for traditional
3. Garnish with parsley

Tips to make your own Seasoning Mix:

- Mix together 1/2 teaspoon of the following:
- dried thyme
 - parsley
 - oregano
 - basil

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