

Signature Pan Salmon Recipe



PREP TIME:
10 MINUTES

COOK TIME:
10-12 MINUTES

TOTAL TIME:
22 MINUTES

Author: Christi Davis

Recipe type: Gluten Free / Dairy Free

Yield: 4-6 Servings

Ingredients:

- 1 ½ - 2 lbs. Wild Caught Salmon Sliced into 4-6 Serving Fillets
- ½ Cup Organic Brown Rice Flour (*or Coconut Flour*)
- 1-2 TBSP Extra Virgin Olive Oil
- 1 teaspoon Salt
- Cracked Pepper to Taste
- 1 teaspoon Garlic Powder
- 1 ½ teaspoon Basil Dried or 4-5 Leaves Fresh Sliced Thin
- ½ of a Medium Lemon

Instructions:

1. Lay out salmon fillets and sprinkle salt, garlic powder, basil and pepper on both sides.
2. Spread out rice flour on large plate. Roll each salmon fillet into flour – covering all sides. Shake off extra flour.
3. Drizzle olive oil in large skillet. Warm up pan until get a sizzle (water drop test does the trick).
4. Place all 4 fillets into pan. Let cook 5-6 minutes on the first side, then flip over.
5. Immediately after flipping, squeeze the fresh lemon onto each fillet. Cover the pan with lid and let cook another 5-6 minutes.
6. Remove from heat
7. **Side Suggestions:** Roasted Broccoli / Kale Chips / Sautéed Spinach and Garlic / Whipped Parsnips / Sweet Potato

***Try and use all organic ingredients if possible.**