
Baked Salmon with Lemon Herb Sauce

Sendik's Fine Foods

Internet Address: Visit our online Cook Book at www.sendiksfinefoods.com

Serves: 2

1 lb. Sockeye Salmon cut into 2 pieces

Olive Oil

Sea Salt

Herb Sauce:

Handful of Fresh Dill

Handful of Fresh Mint

Handful of Fresh Parsley

2 Lemons (zest half of one, juice of both)

6 Tablespoons Olive Oil

Sea Salt, to taste

1 – 2 tablespoons of water

Preheat oven to 375°. Place fish in a baking pan; drizzle with olive oil and sprinkle with sea salt. Place in the oven on the center rack. Bake until salmon is cooked through, about 15-25 minutes. Salmon is done when it is easily flaked with a fork.

For the Sauce: Place dill, mint, parsley, lemon zest, salt and 6 tablespoons olive oil in a food processor. Process until the herbs and olive oil become a paste. Add 3 tablespoons of lemon juice and a tablespoon of water to loosen the mixture as needed. Adjust salt and lemon juice to taste. If the mixture appears too thick, add up to 2 tablespoons of water. Serve the sauce spooned over the baked fish. Extra sauce can be served on the side with additional lemon wedges.

Enjoy!

Seafood