

Grilled Salmon on Sourdough: A Delicious & Nutritious Meal

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OVEN
400°F

TIME
15 min

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INGREDIENTS

- 4 salmon fillets
- 4 slices of sourdough bread
- 2 tablespoons olive oil
- 1 lemon, juiced
- Salt and pepper to taste
- Fresh dill for garnish

DIRECTIONS

1. Preheat your grill to medium-high heat.
2. In a small bowl, mix olive oil, lemon juice, salt, and pepper. Brush this mixture over the salmon fillets.
3. Place the salmon on the grill, skin-side down, and cook for about 5-6 minutes on each side, or until the fish flakes easily with a fork.
4. While the salmon is grilling, toast the sourdough slices on the grill until golden brown.
5. Once cooked, place the grilled salmon on the toasted sourdough and garnish with fresh dill.

SWAPS & NOTES

of sourdough, creating a delightful taste experience.

Health Benefits: Salmon is packed with omega-3 fatty acids, making this dish not only delicious but also nutritious.

Quick and Easy: This recipe is simple enough for a weeknight dinner yet impressive enough for entertaining guests.

In a small bowl, mix olive oil, lemon juice, salt, and pepper.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/grilled-salmon-on-sourdough-a-delicious-nutritious-meal/>