

## The Best Jerk-Seasoned Lemon Pepper Salmon in Under 30 Minutes

Craving something bold, zesty, and packed with flavor? This



**TIME**  
**20 min**

**TEMP**  
**140°F**

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### INGREDIENTS

- 1 to 2 salmon fillets (about 1% lbs total)
- 2 tbsp butter
- 1 tbsp peanut or canola oil
- Jerk seasoning, to taste
- Lemon pepper, to taste
- Salt and black pepper, to taste
- Lemon slices, for serving

### DIRECTIONS

1. Prep the Salmon: Pat salmon dry with paper towels.
2. Season generously on both sides with jerk seasoning, lemon pepper, salt, and black pepper.
3. Let sit for 5-10 minutes at room temperature to absorb the seasoning.
4. Sear the Salmon: Heat oil in a skillet over medium-high heat until shimmering.
5. Add butter and swirl the pan as it melts.
6. Place salmon skin-side down (if applicable) and sear for 4-5 minutes until golden and crispy.
7. Flip and cook another 3-4 minutes, depending on thickness, until the salmon flakes easily.
8. Finish and Serve: Squeeze fresh lemon juice over the top and serve with lemon slices.
9. Optional: spoon pan juices over each fillet for extra flavor.

### SWAPS & NOTES

: crispy on the outside, juicy inside, and bursting with spicy Caribbean seasoning balanced by fresh citrus .

It's the perfect main for weeknights when you want a quick dinner with gourmet vibes-or to impress guests with minimal effort.

Whether grilled, pan-seared, or baked, this dish delivers deep flavor and bright freshness in every bite.

Why I Love This Recipe This salmon recipe is the kind of fast, flavorful meal that feels fancy but only takes 20 minutes and a few simple ingredients .

### TIPS FOR SUCCESS

Use a hot pan : Helps develop a beautiful crust without overcooking.

Don't move the fish : Let it sear undisturbed for best texture.

Cook to 135-140°F internal temp and rest briefly-it will carryover cook.

Fresh lemon juice at the end brightens the whole dish and balances the spice.

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

Original recipe: <https://chefmaniac.com/the-best-jerk-seasoned-lemon-pepper-salmon-in-under-30-minutes/>