

Blackened Salmon with Creamy Dijon Sauce: A Bright, Flavor-Packed Dinner

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30 min

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INGREDIENTS

For the Blackened Salmon:

4 (6-ounce) salmon fillets

1 tablespoon olive oil

1 teaspoon paprika

$\frac{1}{8}$ teaspoon garlic powder

... teaspoon salt

... teaspoon black pepper

... teaspoon cayenne pepper (optional for heat)

Juice of 1 lime

For the Creamy Dijon Sauce:

... cup mayonnaise

... cup Dijon mustard

1 tablespoon lemon juice

1 teaspoon honey

Salt and pepper to taste

DIRECTIONS

- 1. Marinate the Salmon::** In a bowl, mix together olive oil, paprika, garlic powder, salt, pepper, cayenne (if using), and lime juice. Coat the salmon fillets evenly in the mixture. Cover and marinate for at least 30 minutes, or up to 24 hours in the refrigerator.
- 2. Cook the Salmon::** Heat a skillet or grill over medium-high heat. Cook the salmon for 5-7 minutes per side, or until the outside is lightly charred and the inside flakes easily with a fork. Remove from heat and let rest for a few minutes.
- 3. Make the Creamy Dijon Sauce::** In a small bowl, whisk together the mayonnaise, Dijon mustard, lemon juice, honey, garlic powder, salt, and pepper. Adjust seasonings to taste and refrigerate until ready to use.
- 4. Serve::** Place the salmon fillets on plates. Drizzle generously with the Dijon sauce and top with fresh parsley. Serve with your favorite sides.

TIPS FOR SUCCESS

Use skin-on salmon for easier grilling and crispier texture.

Don't overcook the fish-salmon is best when just barely opaque in the center.

Let the salmon rest a few minutes before serving to retain moisture.

Add more cayenne or hot sauce if you like things extra spicy!

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

Original recipe: <https://chefmaniac.com/blackened-salmon-with-creamy-dijon-sauce-a-bright-flavor-packed-dinner/>