

Garlic Butter Salmon - A 20-Minute Weeknight Showstopper

Garlic Butter Salmon ?? (Crispy, Buttery, and Bright)



TIME
30 min

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INGREDIENTS

For the Salmon:

4 salmon fillets (about 6 oz each, skin-on or skinless)

Salt and pepper, to taste

2 tablespoons olive oil

For the Garlic Butter Sauce:

3 tablespoons unsalted butter

4 garlic cloves, minced

1 tablespoon lemon juice (freshly squeezed)

$\frac{1}{2}$ teaspoon crushed red pepper flakes (optional)

1 teaspoon honey or maple syrup (optional, for balance)

1 tablespoon chopped fresh parsley (plus more for garnish)

Optional Sides:

Steamed or roasted asparagus

Cooked pasta, rice, or mashed potatoes

Lemon wedges, for serving

DIRECTIONS

1. Step 1: Prep the Salmon: Pat the salmon fillets dry with paper towels. Season generously with salt and pepper on both sides.
2. Step 2: Sear the Salmon: Heat olive oil in a large skillet over medium-high heat.
3. Once hot, place the salmon fillets in the pan skin-side down (or flat-side down if skinless).
4. Cook undisturbed for 4-5 minutes to get a golden crust.
5. Flip carefully and cook the other side for another 3-4 minutes, depending on thickness.
6. Remove the salmon from the skillet and set aside.
7. Step 3: Make the Garlic Butter Sauce: Lower heat to medium. Add butter to the skillet and let it melt.
8. Stir in the minced garlic and sauté for about 30 seconds-don't let it brown.
9. Add lemon juice, red pepper flakes (if using), and honey or maple syrup. Simmer briefly.
10. Step 4: Finish and Serve: Return the salmon fillets to the skillet. Spoon garlic butter over each piece and simmer for 1 minute to heat through.
11. Sprinkle with chopped parsley and serve with lemon wedges.

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Original recipe: <https://chefmaniac.com/garlic-butter-salmon-a-20-minute-weeknight-showstopper/>