

Pan-Seared Salmon in Lemon Butter Sauce with Roasted Potatoes and Broccoli

Lemon Butter Salmon with Potatoes and Broccoli - A One-Pan Weeknight Wonder



OVEN
400°F

TIME
15 min

TEMP
145°F

PRINT
Recipe Card

INGREDIENTS

? For the Salmon:

4 salmon fillets (6 oz each)

2 tablespoons olive oil

Salt and black pepper, to taste

? For the Lemon Butter Sauce:

3 tablespoons unsalted butter

2 garlic cloves, minced

$\frac{1}{2}$ cup heavy cream

... cup chicken or vegetable broth

1 tablespoon lemon juice

1 teaspoon lemon zest

1 tablespoon fresh parsley, chopped

? For the Sides:

1 pound baby potatoes, halved

2 cups broccoli florets

1 teaspoon garlic powder

Salt and pepper, to taste

DIRECTIONS

- 1. Preheat & Roast Potatoes:** Preheat oven to 400°F (200°C). Line a large baking sheet with parchment paper. Toss halved baby potatoes with olive oil, garlic powder, salt, and pepper. Spread on one side of the baking sheet. Roast for 15 minutes.
- 2. Add Broccoli:** While the potatoes are roasting, toss broccoli florets with olive oil, salt, and pepper. After 15 minutes, add broccoli to the other half of the baking sheet. Roast both for another 15 minutes until golden and tender.
- 3. Sear the Salmon:** While the vegetables roast, season salmon fillets with salt and black pepper. Heat olive oil in a skillet over medium heat. Add salmon, skin-side down if applicable, and sear for 3-4 minutes per side, or until cooked through (internal temp 145°F). Remove salmon from skillet and set aside.
- 4. Make the Lemon Butter Sauce:** In the same skillet, melt butter. Add garlic and sauté for 1 minute until fragrant. Stir in heavy cream, broth, lemon juice, and zest. Simmer gently for 3-4 minutes, stirring occasionally, until slightly thickened. Add chopped parsley and stir.
- 5. Finish & Serve:** Return salmon fillets to the skillet and spoon sauce over them. Let them simmer together for 2 minutes. Serve with roasted potatoes and broccoli, and drizzle more sauce on top for maximum flavor.

SWAPS & NOTES

It's light, creamy, packed with protein, and made with just one baking sheet and a single skillet.

From the perfectly seared salmon to the golden potatoes and tender-crisp broccoli, every bite is simple perfection.

Why I Love This Recipe This is one of those meals that checks every box: fast, flavorful, and balanced.

The lemon butter sauce adds restaurant-quality flair without extra effort, while the roasted sides make it feel hearty and satisfying.

TIPS FOR SUCCESS

Dry the salmon well before searing to get that golden crust.

Don't overcrowd the pan -sear in batches if needed.

Use heavy cream or full-fat alternatives for a velvety sauce that doesn't curdle.

Roast veggies on convection mode if available for extra crispiness.

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

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