

One-Pan Lemon Garlic Butter Salmon: A Quick & Flavorful Dinner

When I need a dinner that's



OVEN
400°F

TIME
20 min

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INGREDIENTS

- 4 salmon fillets (about 6 ounces each, skin-on or skinless)
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1/2 teaspoon paprika (for color and flavor)
- 2 tablespoons olive oil
- 3 tablespoons unsalted butter
- 4 cloves garlic, minced
- Juice of 1 lemon (plus extra slices for garnish)
- 1/2 teaspoon red pepper flakes (optional, for a little heat)
- 1 teaspoon Italian seasoning (or dried parsley/thyme)
- 2 tablespoons fresh parsley, chopped (for garnish)

How to Make Lemon Garlic Butter Salmon
(Step-by-Step):

1. Season the Salmon:
2. Sear the Salmon:
3. Make the Garlic Butter Sauce:
4. Add Lemon Juice and Herbs:
5. Return the Salmon to the Pan:
6. Garnish and Serve:

Pro Tips for Perfect Salmon:

Use fresh salmon for the best flavor. Frozen works too, but thaw completely before cooking.

Don't overcook the salmon! It should be flaky but still moist—it's done when it reaches an internal

temperature of 125-130°F (it will continue cooking after removing from heat).

For extra crispy skin, press the salmon down with a spatula for the first minute of cooking.

Want a richer sauce? Add a splash of white wine or heavy cream before simmering.

What to Serve With Garlic Butter Salmon:

Rice or quinoa - to soak up that delicious sauce.

Roasted or steamed veggies - asparagus, broccoli, or green beans are great choices.

Garlic mashed potatoes - for a hearty, comforting meal.

A fresh salad - to keep things light and refreshing.

FAQs (From My Kitchen to Yours):

Why You'll Love This Recipe:

DIRECTIONS

1. **Season the Salmon:** Pat the salmon fillets dry with a paper towel-this helps them get a nice sear. Season both sides with salt, black pepper, and paprika.
2. **Sear the Salmon:** Heat the olive oil in a large skillet over medium-high heat. Place the salmon fillets skin-side down and cook for 4-5 minutes, until the edges look opaque and crispy. Flip and cook for another 2-3 minutes, then transfer to a plate.
3. **Make the Garlic Butter Sauce:** In the same skillet, reduce the heat to medium-low and add butter, garlic, and red pepper flakes. SautØ for 30 seconds, until fragrant.
4. **Add Lemon Juice and Herbs:** Stir in the lemon juice and Italian seasoning. Let the sauce simmer for 1-2 minutes so the flavors meld.
5. **Return the Salmon to the Pan:** Place the salmon fillets back in the skillet, spooning the butter sauce over them. Let them cook for another 1-2 minutes to soak up the flavor.
6. **Garnish and Serve:** Sprinkle with fresh parsley, add lemon slices, and serve immediately with your favorite sides!
7. **Pro Tips for Perfect Salmon:** Use fresh salmon for the best flavor. Frozen works too, but thaw completely before cooking.
8. **Don't overcook the salmon!** It should be flaky but still moist-it's done when it reaches an internal temperature of 125-130°F (it will continue cooking after removing from heat).
9. **For extra crispy skin,** press the salmon down with a spatula for the first minute of cooking.

10. Want a richer sauce? Add a splash of white wine or heavy cream before simmering.
11. What to Serve With Garlic Butter Salmon: This dish pairs well with just about anything! Some of my favorite sides include:
12. Rice or quinoa - to soak up that delicious sauce.
13. Roasted or steamed veggies - asparagus, broccoli, or green beans are great choices.
14. Garlic mashed potatoes - for a hearty, comforting meal.
15. A fresh salad - to keep things light and refreshing.
16. FAQs (From My Kitchen to Yours): Q: Can I bake the salmon instead?A: Yes! Preheat the oven to 400°F (200°C) and bake for 12-15 minutes, then drizzle with the butter sauce.
17. Q: What's the best type of salmon to use?A: Wild-caught salmon (like sockeye or coho) has the best flavor, but farmed Atlantic salmon is a great option for a milder taste.
18. Q: Can I use frozen salmon?A: Yes! Just make sure to thaw it completely and pat it dry before cooking.
19. Q: How do I store leftovers?A: Keep leftovers in an airtight container in the fridge for up to 2 days. Reheat gently in a skillet over low heat with a little extra butter.
20. Why You'll Love This Recipe: This Lemon Garlic Butter Salmon is a total weeknight lifesaver-it's fast, easy, and packed with incredible flavor. Whether you're cooking for yourself or impressing guests, this dish never fails.
21. Try it for dinner tonight and let me know what you think! Do you like it extra garlicky? Spicier? However you make it, I promise this recipe will become a favorite. Happy cooking!

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

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