

One Pan Lemon & Chive Salmon

6 ingredients · 15 minutes · 2 servings



Directions

1. Heat a cast-iron skillet over medium heat and add 1/4 of the oil. Once hot, add the cabbage and sear on all sides, until charred, about five minutes total. Remove, set aside, and season with half the salt.
2. In the same skillet over medium heat add 1/4 of the oil. Season the salmon with the remaining salt, then add it to the pan skin-side down, cooking for about three minutes. Flip and cook for an additional one to two minutes, until the flesh is opaque throughout. Remove and set aside.
3. Meanwhile, in a small bowl, add the remaining oil, chives, and lemon juice. Mix to combine.
4. Divide the cabbage and salmon onto plates and top with the chive mixture. Enjoy!

Notes

Leftovers

For best results, store the salmon and chive mixture separately in sealed containers. Refrigerate the fish for up to three days.

More Flavor

Add red pepper flakes and black pepper to the chive mixture.

Ingredients

- 1/4 cup Extra Virgin Olive Oil (divided)
- 3 cups Purple Cabbage (sliced into thick wedges)
- 1/8 tsp Sea Salt (divided)
- 10 ozs Salmon Fillet
- 2 tbsps Chives (finely chopped)
- 1 1/2 tbsps Lemon Juice