

Pan Seared Salmon Filets

Tired of your Salmon recipe? Our Pan Seared Salmon recipe creates an exciting tropical flavor on your fish and a bit of crunch on top with sautéed garlic!

- 1 ¼ pounds fresh Salmon Filets
- 3 fresh Garlic Cloves, minced
- 2 Teaspoons fresh or dried Dill
- 2 Teaspoons Sea Salt
- 1 Teaspoon fresh Ground Black Pepper
- ¼ Cup More Than Olives Pineapple White Balsamic
- ¼ Cup More Than Olives Jalapeno Olive Oil* + 1 Tablespoon
- 1 Lemon, sliced for garnish

Prepare your filets 1 hour before you plan to cook them. Rinse the filets and pat them dry with a paper towel. Place them in a plastic bag or plastic container.

In a small bowl, add together the Sea salt, pepper, dill, More Than Olives Pineapple White Balsamic and More Than Olives Jalapeno Olive Oil. Whisk them together and pour the marinade mixture over the filets. Let this sit for 1 hour at room temperature.

While filets marinate, place 1 tablespoon of More Than Olives Jalapeno Olive Oil in the frying pan you will be cooking the Salmon in. Turn the heat to medium and add your chopped fresh garlic. Sauté the garlic until lightly brown. Remove the garlic from the pan and set aside in a bowl.

When the Salmon has marinated for 1 hour, heat your frying pan to medium high heat. Place each piece of marinated Salmon in the frying pan, skin side down. Brush some of the marinade over the filets to ensure they are well coated with the marinade. Cover the frying pan with a lid to keep the heat around the filets. Depending on the thickness of the filets, they will take 10-15 minutes to cook. They are ready when firm to the touch. Halfway through the cooking process, brush on more of the marinade. Discard any excess marinade.

Place the finished filets on a platter or on individual plates. Sprinkle on the sautéed garlic and garnish with lemon slices. Serve immediately.

*Not a fan of Jalapenos? Simply replace the Jalapeno Olive Oil with our More Than Olives Meyer Lemon Olive Oil. Still a tropical delight!