



Pan-Roasted Wild Salmon with Olives

Active Time: 15 minutes | **Total Time:** 15 minutes | **Serves:** 4

Nutrition Information Per Serving

282 calories, 0.66 g carbohydrate, 0.49 g fiber, 0.17 g NET carbs, 33.56 g protein, 15.35 g fat

Ingredients

- 1 Tbsp organic, grass-fed salted butter
- 1/4 tsp(s) sea salt
- 2 Tbsp(s) fresh organic basil leaves, thinly sliced
- 24 ounce(s) wild Alaskan salmon
- 1/2 tsp(s) freshly ground black pepper
- 16 medium(s) Castelvetrano olives

Preparation

1. Preheat oven to 400 F.
2. Add butter to a medium oven-proof saute pan and heat over medium high heat.
3. Rinse salmon, pat dry and sprinkle with salt and pepper.
4. When butter has melted and pan is hot, add the salmon fillets - skin side up - to the pan. Cook 2-3 minutes. Do not turn.
5. Add the olives to the pan around the fish and stir gently, cooking 2 more minutes.
6. Flip the fish.
7. Place the pan in the oven to complete cooking to desired doneness (2 minutes for medium-rare; 4 minutes for medium-well).
8. Remove from oven, top with fresh basil and serve.

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