

Pan seared Citrus Salmon

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Don't let the looks of this pan seared Citrus Salmon dinner intimidate you. This salmon meal may look intimidating, but it's not, it's quick and easy too. It's all made in one pan, with salmon, garlic, onion and the fresh taste of orange and lemon.

Not only is this citrus salmon easy and delicious, it looks and feels fancy. Best part? It comes together in less than 30 minutes. You'll want to make this healthy meal often. It's perfect for family week night dinners and decant enough for Saturday night dinner with friends.

This is a restaurant quality meal you can make in your kitchen, to show off what a great chef you are.

Things to know about this pan seared citrus salmon recipe

Start by cutting the salmon into equal parts. The measurements in this recipe are for two, if you want four meals double the recipe. Salt and pepper the salmon, in a large saute pan bring the olive oil and butter to medium heat.

Brown salmon 3 to 4 minutes per side then remove fish, add the onions and garlic to the saute pan cook until tender and just beginning to brown.

Now add the lemon, orange juice. lemon, orange sections, herbs and one pat of butter coated in flour to thicken the sauce, simmer for five minutes, return fish to pan only to heat through.

Plate salmon pour sauce over sprinkle with additional Italian parsley and rosemary and enjoy a restaurant quality meal, made by you.

If you like salmon recipes that are easy to make and delicious try my quick and easy salmon piccata

If you made this recipe please leave me a comment and don't forget to tag me on Instagram that's my favorite part!!!!

Ingredients

- 2 6 oz. skinless salmon fillet
- 2 Tablespoons each butter and extra virgin olive oil
- 3 Tablespoons chopped garlic
- 1/2 chopped onion
- 1 cup orange juice
- 2 tablespoons lemon juice
- 2 mandarin oranges sectioned
- 1 lemon sliced
- 2 Tablespoons each lemon and mandarin rind
- 2 Tablespoons honey
- 2 Tablespoons each chopped rosemary and Italian parsley
- Salt and pepper to taste

Instructions

1. Salt and pepper salmon
2. In a large saute pan melt the butter and olive oil bring to medium high heat
3. Add salmon saute until brown 3 to 4 minutes per side
4. remove salmon set aside
5. Add onion and garlic saute until tender and just beginning to brown

6. Add orange juice, lemon juice, sliced lemons, mandarin oranges, honey, herbs and one tablespoon of butter coated in flour
7. Cook until sauce thickens about 5 minutes
8. Return salmon to pan heat through
9. Plate salmon pour sauce over sprinkle with additional rosemary and Italian parsley....ENJOY