

Quick and easy salmon piccata

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If you're looking for a quick and easy salmon recipe that delivers restaurant-quality flavor, this salmon piccata is the perfect choice. In less than 30 minutes, you can have a bright, buttery and lemony dish that's full of classic Italian flavors. With its simple ingredients- fresh salmon fillets, zesty lemon, briny capers, and a silky white wine sauce- this one-pan salmon piccata is a dinner dream. Plus, it's naturally low-carb, packed with omega-3s, and incredibly delicious.

Whether you're a fan of traditional chicken piccata or just love seafood dishes with bold flavors, this pan-seared salmon recipe will become a go-to favorite. It goes beautifully with pasta, mashed potatoes and vegetables. Best of all, this easy salmon recipe requires minimal prep and comes together quickly- perfect for busy nights when you want something impressive without the fuss.

Why you will love this quick and easy salmon piccata recipe

You are going to love this easy salmon piccata recipe because it's the perfect balance of fresh, healthy ingredients with rich buttery goodness - all made in one pan! The tangy lemon and briny capers cut through the richness of the salmon, while the silky wine sauce brings everything together for a dish that tastes like it came straight from an Italian trattoria.

Not only is this salmon piccata recipe quick and easy, it's also healthy and versatile. Plus, with minimal prep and easy cleanup, it's the ideal weeknight dinner that feels gourmet.

without extra effort. Whether you're cooking for family, date night or just treating yourself, this quick and easy salmon piccata is guaranteed to be a winner!!!

Ingredients

- 1 1/2 Lb. Salmon filet
- 1/4 cup flour
- 1 Tbsp. olive oil
- 2 Tbsp. butter + 1 Tbsp.
- 1/2 cup white wine
- 1 cup chicken stock
- juice from one lemon
- 1 lemon sliced
- 1/2 cup capers
- 2 Tbsp. freshly chopped Italian parsley

Instructions

1. Start by washing the salmon pat dry . Salt and pepper to taste, Cut into 2 or 3 equal pieces depending on your preferred amount
2. Lightly coat the salmon in flour
3. In a saute pan over medium high heat in the butter and olive oil sear the salmon on all sides. Remove and set aside
4. In the same pan add the onion and garlic and saute until soft and translucent .
5. Deglaze the pan with the wine, waiting until it is absorbed before adding the chicken stock, lemon juice, sliced lemon slices from one lemon. and capers. Simmer the sauce for 10 minutes or until it begins to thicken. Add in an additional 1 Tbsp. of butter.
6. Remove the lemon slices. Return the salmon back to the sauce and baste the salmon with the lemon sauce, for about 3-4 minutes or until the salmon is cooked to your

preferred doneness, then add in the Italian parsley

7. Plate pour the sauce over, serve with lemon slices.

ENJOY!!!