



Marry Me Salmon



Ingredients, Salmon:

- 4 salmon filets, skinless
- 2 tablespoons olive oil, divided
- 2 teaspoons dried Italian seasoning
- ½ teaspoon Kosher salt
- ¼ teaspoon cracked black pepper

Ingredients, Sauce:

- 3 tablespoons butter
- 2 teaspoon garlic, minced
- 3 tablespoons flour
- 1 ½ cups chicken broth
- ¾ cup heavy cream
- ½ cup parmesan, grated
- ½ cup sun-dried tomatoes, drained
- 1 teaspoon dried Italian seasoning
- 1 teaspoon lemon zest
- fresh basil, for garnish

Method:

1. Brush olive oil on top each salmon filet, then season with Italian seasoning, salt, and pepper.
2. Heat 1 TBLS of olive oil in a large skillet over medium-high heat. Add the salmon filets to the skillet and cook until golden brown and crispy, about 3 minutes on each side. Lower the heat and allow the salmon to cook through to the center. Remove the filets and set aside.
3. For the sauce, return to the same skillet, and melt the butter over medium-high heat. Sauté the garlic for 30 seconds until fragrant. Add in the flour and stir to make a paste.
4. Whisk in the chicken broth, heavy cream, and parmesan cheese, and then add the drained sun-dried tomatoes, Italian seasoning, and lemon zest. Season to taste with salt and pepper.
5. Simmer the sauce for a few minutes for it to thicken, and then return the salmon filets back to the skillet and layer on top of the sauce. Turn the heat to medium-low, and continue to simmer for 10 minutes.
6. Garnish with finely chopped basil and lemon zest, and serve warm over pasta, rice, or grits.