



Blackened Salmon with Creamy Dijon Sauce



Ingredients for the Blackened Salmon:

- 4 salmon fillets (6 oz each, skin-on or skinless)
- 1 tsp salt
- ½ tsp black pepper
- 1 tsp smoked paprika
- ½ tsp dried oregano
- ½ tsp garlic powder
- ½ tsp onion powder ¼ tsp cayenne pepper (optional, for heat)
- 1 tbsp butter
- 1 tbsp olive oil

Ingredients for the Creamy Dijon Sauce:

- 2 cloves garlic, minced
- 1 tbsp butter
- ½ cup heavy cream
- 1 tbsp Dijon mustard
- 1 tsp lemon juice
- Salt & pepper, to taste
- Fresh parsley, chopped (for garnish)

Method:

1. In a small bowl, mix the salt, pepper, paprika, oregano, garlic powder, onion powder, and cayenne. Rub the spice mix generously over both sides of the salmon fillets.
2. Heat butter and olive oil in a skillet over medium-high heat.
3. Add salmon fillets (skin-side down if skin-on) and sear for 4–5 minutes per side, or until blackened and cooked through. Remove and set aside.
4. In the same skillet, reduce heat to medium, and add butter and minced garlic, sauté for 1 minute until fragrant.
5. Pour in heavy cream, Dijon mustard, and lemon juice. Stir and let it simmer for 2–3 minutes until slightly thickened. Season with salt and pepper to taste.
6. Spoon the creamy Dijon sauce over the blackened salmon. Garnish with fresh parsley and serve with your choice of sides—rice, mashed potatoes, or roasted veggies.