



# Recipix

Your food coach



## Pan Seared Salmon I

Tailored for Ivan

### INGREDIENTS

- 4 (6 ounce) fillets salmon
- \* 2 tablespoons olive oil
- \* 2 tablespoons capers
- \* 1/8 teaspoon salt
- \* 1/8 teaspoon ground black pepper
- \* 4 slices lemon

### INSTRUCTIONS

Preheat a large heavy skillet over medium heat for 3 minutes.

Coat salmon with olive oil. Place in skillet, and increase heat to high. Cook for 3 minutes. Sprinkle with capers, and salt and pepper. Turn salmon over, and cook for 5 minutes, or until browned. Salmon is done when it flakes easily with a fork.

Transfer salmon to individual plates, and garnish with lemon slices.

### OTHER RECIPES:

Other Recipes:

Recipe 6: Roasted Salmon

Recipe 7: Orange Salmon with Rice

Recipe based on the ingredients:

almonds, crab, eggplant, rice, soy sauce, salmon