

RECIPE

Lemon and Garlic Crusted Salmon



Ready in **20 minutes**

Serves **4 people**

You will need:

- 4 salmon fillets; skin on (Keto is my favorite, but if you prefer Sockeye that's fine too)
- 1 raw egg; beaten
- 1 c. panko bread crumbs (original)
- 1 tbl. Garlic salt
- 1 tbl. Italian seasoning
- 1 tbl. Lemon zest
- 1 tbl. Lemon juice
- 2 cloves garlic; chopped
- Salt and pepper to taste
- 1 tbl. EVOO

Preparation

1. **Preheat oven to 400 degrees.** Line baking sheet with aluminum foil and parchment paper.
2. **Rinse salmon fillets and pat dry with a paper towel.** Salt and pepper the top of the salmon.
3. **In a large pan,** heat EVOO over medium-high heat. Add the salmon face down (skin exposed), and sear for about 2 minutes or until slightly browned. Be sure to not overcook.
4. **Remove salmon from pan.** Drizzle lemon juice and place on baking sheet.
5. **In a medium bowl,** add bread crumbs, garlic salt, fresh garlic, italian seasoning, and lemon zest. *Note: if you don't have a zester, just add some lemon juice.

6. **Lather the beaten egg over salmon filets.**
Add bread crumbs pressing into the tops of the salmon and around the sides.
7. **Bake for about 10 minutes,** or until the bread crumbs start to brown.
8. **Serve with a lemon wedge.**

Tips

I like my salmon done at a medium temperature, so there's still a little moisture in the middle. If you like it more rare or more well-done, you can adjust the baking time accordingly. Also, it's VERY important to not overcook the salmon on the stove. If you overcook, it makes the finished product really dry. If you have a thicker piece of salmon, while you're cooking it you can look at the sides to see what temperature it is at. In the photo, I have it served over some steamed spinach, chicken rice, and roasted asparagus.