

BAKED SALMON WITH LEMON HERB SAUCE

ingredients:

- 1 lb. Sockeye Salmon cut into 2 pieces
- Olive Oil
- Sea Salt

Herb Sauce:

- Handful of Fresh Dill
- Handful of Fresh Mint
- Handful of Fresh Parsley
- 2 Lemons (zest half of one, juice of both)
- 6 Tablespoons Olive Oil
- Sea Salt, to taste
- 1 - 2 tablespoons of water

directions:

1. Preheat oven to 375°. Place fish in a baking pan; drizzle with olive oil and sprinkle with sea salt. Place in the oven on the center rack.
2. Bake until salmon is cooked through, about 15-25 minutes. Salmon is done when it is easily flaked with a fork.

For the Sauce:

1. Place dill, mint, parsley, lemon zest, salt and 6 tablespoons olive oil in a food processor. Process until the herbs and olive oil become a paste. Add 3 tablespoons of lemon juice and a tablespoon of water to loosen the mixture as needed.
2. Adjust salt and lemon juice to taste. If the mixture appears too thick, add up to 2 tablespoons of water. Serve the sauce spooned over the baked fish. Extra sauce can be served on the side with additional lemon wedges.

Enjoy!

