

Dijon Roasted Salmon



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Recipe by: Laura Vitale

Serves 4

Prep Time: 10 minutes

Cook Time: 10 minutes

Ingredients

- 4 Filets of Salmon
- 4 Tbsp of Dijon Mustard
- 2 Cloves of Garlic, minced
- 2 Tbsp of Chopped Dill
- 1 Tbsp of Olive Oil
- Zest of 1/2 lemon
- 1 tsp of Lemon Juice
- Salt and Pepper, to taste
- 1 Tbsp of Capers, optional

1) Preheat your oven to 450 degrees, line a baking sheet with parchment paper, drizzle both sides of the salmon with olive oil and season with salt, set aside.

2) In a small bowl, mix together the mustard, about 1 tsp of olive oil (use the remaining to drizzle on both sides of the salmon) garlic, dill, lemon zest, juice and capers.

3) Evenly brush the mixture on the salmon, bake for 10 to 12 minutes or until fully cooked, broil for 1 minute and dig in!

