AMERICAN · DINNER

Pan-Seared Salmon in Lemon Brown Butter

15 min · Serves 4 · 338 kcal a serve · Video 4:14 · Natashas Kitchen

Pescatarian · Gluten-free ingredients · No nuts listed

Salmon is one of the best food sources of omega-3 fats: a serve gives about 2.5 g, plus 25 g of protein, more than a day's vitamin B12 and over half a day's vitamin D.

Diet notes: Keto (1.1 g net carbs a serve); Paleo with a swap: ghee instead of the unsalted butter.

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Ingredients 7 · SERVES 4

- [ ] 570 g **salmon fillet**, skinless and boneless, cut into 4 pieces about 2.5 cm thick
- [ ] 4 tbsp **unsalted butter**
- [ ] ½ tsp **salt**
- [ ] ⅛ tsp **black pepper**
- [ ] 4 tbsp **fresh lemon juice** (from about 2 lemons)
- [ ] 1 tsp grated **lemon zest**
- [ ] 1 tbsp **fresh parsley**, minced, to garnish

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Fish, Milk. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Cut the salmon into 4 even fillets and season both sides with ½ tsp salt and ⅛ tsp pepper. Zest one lemon and juice two before you start, because the cooking moves fast. 0:15
2. Melt 4 tbsp butter in a large, light-coloured pan over medium heat, swirling often, until it smells nutty and the milk solids turn brown, about 5 minutes. 0:46
3. Lay in the salmon and cook 3–4 minutes without moving it, then flip and cook 2–3 minutes more. 1:06
4. For the last 2 minutes, add the lemon zest and juice and keep spooning the lemon brown butter over the fish. 1:13
5. As soon as the salmon is just cooked through, plate it, pour over all the pan sauce and scatter with parsley. 1:29

> **Tip** Dill works in place of parsley. For a strict carnivore plate, leave out the lemon and parsley and spoon plain brown butter over the fish. Best eaten straight away.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
338 kcal	25 g	1.2 g	0.1 g	25 g	360 mg
1,410 kJ	51% of a day	1.1 g net · 0.4 g sugars	0% of a day	10 g saturated	16% of a day
		0% of a day		33% of a day	

Energy from net carbs 1% · protein 30% · fat 69% — fits keto: 1.1 g net carbs, 69% of the energy from fat

High in (20%+ of a day) Omega-3 166% · Vitamin B12 134% · Selenium 86% · Vitamin D 63% · Vitamin B6 41% · Vitamin E 30%

Source of (10–19%) Vitamin A 18% · Vitamin K 15% · Vitamin C 13% · Potassium 10%

Recipe and video: Natashas Kitchen (@Natashaskitchen) on YouTube — youtube.com/watch?v=-x2E7T3-r7k, published 4 May 2018. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/brown-butter-pan-seared-salmon