

CREOLE PARMESAN SALMON



Serves 4

Ingredients

- 1 tbsp. extra-virgin olive oil
- 4 (4-oz.) fillets salmon
- 2 tsp. Creole seasoning, divided
- 2 tbsp. butter
- 3 cloves garlic, minced
- 1/3 cups chicken or vegetable broth
- Juice of 1 lemon
- 1 tbsp. honey
- 1 tbsp. freshly chopped parsley, plus more for garnish
- 2 tbsp. freshly grated Parmesan
- Lemon slices, for serving
- Salt and pepper to taste

Method

In a large skillet over medium-high heat, heat oil. Season salmon with 1 teaspoon Creole seasoning, then add to the skillet. Cook salmon until deeply golden, about 6 minutes, then flip and cook 2 minutes more. Transfer to a plate.

Add butter and garlic to the skillet. When butter has melted, stir in broth, lemon juice, honey, remaining teaspoon Creole seasoning, parsley, and Parmesan. Bring mixture to a simmer. Reduce heat to medium and add salmon back to the skillet. Simmer until sauce has reduced and salmon is cooked through, 3 to 4 minutes more. Add lemon slices to the skillet and serve.