

SALMON STEAK WITH LEMON BUTTER BROCCOLI

INGREDIENTS

4 six oz salmon steaks
(bones removed)

kosher salt

black pepper

2 tbsp extra-virgin olive oil

4 tbsp butter

2 cloves garlic, minced

juice of 3 lemons

½ tsp crushed red pepper flakes

2 large broccoli crowns

DIRECTIONS

Dry salmon with paper towel, this will help get a good sear.
Season salmon generously with salt and pepper on both sides.

In large skillet over medium-high heat, heat oil and 2 tbsp butter.
Add salmon and cook until bottom is golden, 5 minutes.

After 2 minutes add garlic, juice from two lemons, and red pepper flakes,
spooning sauce over salmon as it cooks.

Flip and cook salmon, another 5 minutes,

Steam broccoli with juice from ½ lemon, for about 3–5 minutes,
until bright green and tender-crisp.

In small saucepan over low heat, melt 2 tbsp butter with juice from
½ lemon. Pour over steamed broccoli.