

Seared Salmon



Ingredients

For 2 servings

- Salmon Filets or Steaks
- 1-2 Tbsp Extra Virgin Olive Oil
- 2 tsp Pink Himalayan Salt or Sea Salt
- 1 tsp Ground Black Pepper
- 1 tsp Garlic Powder
- 1 Tbsp Lemon Juice (Fresh or Container)
- 2 tsp Pure Maple Syrup

Directions

1. Measure olive oil into frying pan (medium heat)
 2. Place salmon on pan and season with spices and lemon juice (Don't add maple syrup yet)
 3. Flip and turn salmon a few times until middle is cooked
 4. Add maple syrup (just small amount) and let sit in the pan for extra 2-4 minutes
 5. Enjoy hot for supper with veggies of choice!
- (You can also reheat for lunch option the next 1-2 days!)

