

# Roasted Salmon with Creamy Lemon Sauce (EASY)



**Plan Z Phase:** This is a Z3 (ZReboot) recipe.

I wrote this recipe up for 2 people but the sauce will feed four. So, you'll either enjoy lots of sauce or have extras for two people. This is EASY and can be served at a dinner party.

**Servings:** Serves 2 – 4

## **Ingredients:**

- 2 pieces of salmon fillet. Try to get salmon that is cut into portions with the skin removed. That makes it all easier. Most fillet pieces are 6 – 8 oz.
- 6 – 8 Tbl of butter
- 1 – 2 tsp of grated garlic. (jar garlic will work)
- 1 shallot peeled and minced (my husband will want a large shallot)
- Leaves from 2 – 3 sprigs of fresh thyme.
- $\frac{1}{2}$  cup of heavy cream
- $\frac{1}{2}$  cup of chicken broth
- Juice of one lemon
- Sea salt and pepper to taste

## **Instructions:**

Place salmon on a greased cookie sheet or other oven-proof pan. Spray the top of the salmon with olive oil and dust with grated sea salt and pepper.

Roast at 400 degrees for 12 – 15 minutes depending on how you like your salmon.

While the salmon is roasting you have the option of roasting it on a cookie sheet and have green beans, asparagus or even broccoli florets roasting along with it. Just spray the veggies with olive oil and dust with sea salt before you put them in. When the salmon is done the veggies should be ready too.

Now you can make your decadent sauce.

Melt the butter over medium low heat in a sauté pan. Start with six Tbl. You can add more later if you want. Add the garlic, shallot and thyme and sauté for 3 – 5 minutes until soft. Add broth and cream and bring to a low simmer. Cook the sauce on low heat until it coats the back of the spoon and starts to thicken. Check sauce to make sure it's as thick as you want it or cook longer. Stir often. Whisk in the lemon juice and season with the sea salt and pepper.

Serve the sauce with the salmon and veggies.

Enjoy!

Cheers,