Lemon Butter Pan-Seared Salmon with Asparagus

Tender salmon fillets pan-seared with zesty lemon and served alongside crisp asparagus for a healthy, protein-packed meal.

Servings: 2 **Time:** 25 minutes

Ingredients

- 2 salmon fillets (6 oz each)
- 1 bunch asparagus (about 12 spears), trimmed
- 2 tbsp olive oil
- 2 tbsp unsalted butter
- 1 lemon (zested and juiced)
- 2 garlic cloves, minced
- Salt to taste
- Freshly ground black pepper to taste
- 1 tsp dried thyme or fresh if available

Instructions

1. Pat salmon dry and season both sides with salt, pepper, and thyme.
2. Heat 1 tbsp olive oil over medium-high heat in a large skillet.
3. Place salmon fillets skin-side down; cook 4-5 minutes until crispy.
4. Flip salmon, add butter, garlic, lemon zest, and juice to the pan.
5. Spoon melted butter sauce over salmon and cook another 3-4 minutes.
6. Remove salmon, cover to keep warm. Add remaining olive oil to pan.
7. Add asparagus, season with salt and pepper, sauté for 4-5 minutes until tender-crisp.
8. Serve salmon with asparagus, spooning lemon butter sauce over both.

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