

Pan Seared Salmon

Ingredients

4 each 5 ounce Salmon fillets

Salt and pepper

1 Tablespoon Canola oil

1 Tablespoon Butter

Instructions

1. Season the salmon well on both sides with salt and pepper.
2. Heat a large sauté pan over medium-high heat and add the oil and butter. Once the oil is heated, add the salmon, skin side up, and cook for 4-5 minutes. If the oil begins smoking, lower the heat. The salmon should be cooked 80% of the way through, then turn it over and cook for 1 minute more. Remove and serve immediately.