



**BRISTOL BAY**  
SOCKEYE SALMON

## CRISPY SALMON FILLETS WITH LEMONY CAPER SAUCE

### Servings: 4

*This is a low-FODMAP recipe. Recipe developed by [The Real Food Dietitians](#).*

### Ingredients:

4 skin-on salmon fillets, 4-5 ounces each

Sea salt and black pepper, to taste

1 lemon, sliced into 8 thin rounds

Juice of 1 large lemon

1/2 cup water

1 teaspoon miso (optional)

3 tablespoons olive oil, divided

3 tablespoons capers, drained and rinsed

1 tablespoon fresh chopped dill

1/4 cup fresh parsley

### Directions:

- 1 Place a large cast-iron or other heavy-bottomed skillet over medium-high heat.

When the skillet is hot, add 2 tablespoons olive oil and swirl the pan to coat. When the oil starts to shimmer, carefully add the lemon slices to the pan and cook for 2 minutes on each side or until lemons start to brown on the edges. Remove lemons and set aside.

- 2 Add the remaining 1 tablespoon olive oil to the hot pan. Place salmon skin-side down and lower the heat to medium. Season each fillet with a little salt and pepper. Cook uncovered for 6 minutes. Cover and cook for 5 minutes longer or until salmon is cooked through and flakes easily with a fork. Using a thin spatula, remove the fillets to a plate and cover loosely with foil to keep warm.

- 3 Return the pan to the stove over medium heat. In a small bowl, whisk together the lemon juice, water and miso until miso is dissolved. Add to the pan and stir. Add 1-2 tablespoons of additional water or lemon juice if needed to create a thin sauce. Add capers and reserved lemon slices and cook for 1-2 minutes. Turn off heat and gently stir in the fresh dill and parsley.

- 4 To serve, divide the cooked salmon among 4 plates and spoon sauce, capers and lemon slices over each fillet before serving. Season with salt and pepper to taste.



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