

Plate Dream

Creamy Garlic Salmon – Easy Dinner Recipe

10 min Prep time	**20 min** Cook time	**30 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 4 salmon fillets (about 6 oz each), skin on
- [ ] 2 tbsp unsalted butter
- [ ] 4 garlic cloves, minced
- [ ] 1 cup heavy cream
- [ ] 1 tbsp lemon juice
- [ ] Salt and freshly ground black pepper to taste
- [ ] 2 tsp fresh dill, chopped (or parsley)

Instructions

1. Pat the salmon fillets dry with paper towels, season both sides with salt and pepper.
2. In a large skillet over medium heat, melt the butter. Add the minced garlic and sauté for 30 seconds until fragrant, being careful not to brown it.
3. Pour in the heavy cream, stir, and lower the heat to a gentle simmer. Let the sauce thicken slightly, about 3-4 minutes.
4. Nestle the salmon fillets skin-side down into the sauce. Cover and cook for 8-10 minutes, or until the fish flakes easily with a fork.
5. Finish by drizzling lemon juice, sprinkling fresh dill, and giving the sauce one last gentle stir. Serve immediately.

Nutrition per serving

420 kcal	34 g	5 g	28 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the sauce thickens too much, add a splash of chicken broth or water.
- For a richer flavor, let the salmon rest in the sauce off the heat for a couple of minutes before serving.
- A pinch of red pepper flakes can add a subtle warmth without overwhelming the cream.