

Savory Salmon Fillet



INGREDIENTS:

- * 1 salmon fillet (approx. 2.5lbs)
- 1 cup of butter (2 cubes)
- 2 cups finely chopped onion
- 10 tablespoons finely chopped garlic
- 1 tablespoon pepper
- 1 1/2 teaspoons sea salt
- 3 tablespoons finely chopped Italian parsley
- 2 lemons, sliced

DIRECTIONS:

Heat a large skillet on medium-high and add the butter, onion and garlic. Season with sea salt and pepper and add the parsley. Sauté until the onions are opaque.

While onion mixture is sautéing, heat up BBQ (can also be baked in 400 degree oven).

Prepare a triple layered piece of tin foil slightly larger than the size of fillet with the edges bent up on all sides to catch drippings. Place one of the sliced lemons on the tin foil (or pan if using oven) and place the salmon fillet on top of the lemons.

Place on hot BBQ grill then pour the sautéed onion mixture over the entire fillet. Place the remaining lemon slices on top and close the BBQ lid. Cook until the salmon starts to flake with a fork.

CAREFULLY slide finished fillet onto a tray or platter keeping the foil underneath it. Serve immediately.

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PREP TIME
15 MINS



COOK TIME
15-20 MINS



SERVES **4-6**



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