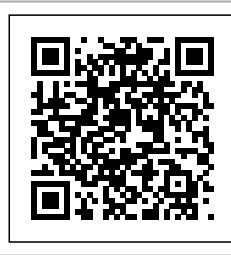


Crispy Salmon with Zucchini Yogurt Sauce



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Recipe by: Laura Vitale

Serves 2

Prep Time: 15 minutes

Cook Time: 10 minutes

Ingredients

- __ 2 Fillets of Salmon
- __ 1 Tbsp of Olive Oil
- __ Salt and Pepper, to taste
- __

For the sauce:

- __ 1/2 cup of Plain Greek Yogurt
- __ 2 Tbsp of Chopped Parsley
- __ 2 Tbsp of Fresh Chopped Mint
- __ 1 Large Clove of Garlic, minced
- __ Juice of 1/2 Lemon
- __ 1 Tbsp of Capers
- __ 1/2 of a Zucchini, grated
- __ 1 Tbsp of Olive Oil
- __ Salt and Pepper

1) Add about one tablespoon of oil to a small skillet, preheat it over medium high heat, season both sides of your salmon with some salt and pepper and sear the salmon for about 3 minutes on each side or until crispy on the outside and just cooked through.

2) In a bowl, add all of the ingredients for the sauce, stir well and serve with the salmon.

