
Roasted Salmon Mediterranean

4 6-8 oz	salmon filets, centre-cut, skin on	1 175g-225g
1 Tbsp	olive oil	15 mL
1 Tbsp	fresh lemon juice	15 mL
1 Tbsp	chopped fresh rosemary	15 mL
	salt and freshly ground pepper, to taste	
1 tsp	olive oil	5 mL
	salt, to taste	

1. Pat salmon dry with paper towel. Whisk together the oil, lemon juice, rosemary and pepper. Rub onto salmon, covering all sides, place on a plate, cover loosely and allow to marinate refrigerated for 1 hour.
2. Preheat oven to 425°F(220°C). If your non-stick skillet does not have an oven-proof handle double wrap it in aluminium foil.
3. Brush skillet with olive oil and preheat on stove top.
4. Remove salmon from fridge and season with salt.
5. Place salmon fish-side down in a very hot pan to sear for 1 minute. Turn salmon. Immediately place hot pan with salmon into the hot oven and roast for 8 minutes.
6. Test for doneness. Salmon should flake easily when pressed with a fork.

Preparation time: 10 minutes

Marinating time: 1 hour

Cooking time: 10 minutes

Serves: 4