

## Ingrediënten

PREP TIME 10 mins	COOK TIME 20 mins	TOTAL TIME 30 mins	
COURSE Main Course	CUISINE American	SERVINGS 4	CALORIES 380 kcal

- 1 pound fresh salmon cut into 4 pieces
- 1/2 teaspoon garlic powder
- Salt & pepper to taste
- 1 tablespoon olive oil
- 1 tablespoon butter
- 1/2 medium onion chopped
- 3/4 cup chicken broth (use low sodium if sensitive to salt)
- 1 teaspoon fresh lemon juice
- 1 (5.2 oz/150g) package Boursin Fine Herbs & Garlic cheese softened
- 1-2 tablespoons chopped parsley



## Recept

1. Take the salmon out of the fridge 15-30 minutes prior to starting the recipe if possible. Cut it into 4 pieces. Pat each piece dry and season with the garlic powder and some salt & pepper.
2. Add the butter and olive oil to a skillet over medium-high heat. When it's hot, add the salmon. Cook for 3-4 minutes/side or until lightly browned. Do not overcook the fish; it shouldn't be cooked fully yet. Transfer the salmon to a plate.
3. To the skillet, add the onions and sauté for about 5 minutes or until softened and lightly golden.
4. Add the chicken broth, lemon juice, and the Boursin to the skillet. Stir until you've got a smooth sauce. Let it bubble for about 4-5 minutes, then stir in the chopped parsley.
5. Add the salmon back into the skillet. Cook for another 3-5 minutes or so (I recommend turning the heat down) or until it's cooked through and it flakes easily with a fork and the sauce has thickened up some more.
6. Season with salt & pepper if needed and serve immediately.

## Bron



*Salt & Lavender*

Hi! I'm Natasha. Salt & Lavender is a recipe blog with a focus on delicious comfort food using everyday ingredients. Beat the weekday grind with hundreds of easy-to-follow and hassle-free recipes!

<https://www.facebook.com/saltandlavender/posts/pfbid0326pFuMmXEeSN7qqs5HhWZN37RkvUnc8FJsK1HUY8hcmChVmwQt9HEG3gq7b2W2oMI>  
<https://www.saltandlavender.com/boursin-salmon/>

## Info Martine Lycke

12/05/2023

Zalm bakken in boter, olijfolie en 0.5 kl lookpoeder  
Afzonderlijk houden

In zelfde pan:

1 ui bakken

tot mooi bruin

+ 180 ml kippenbouillon – volledige fond gebruikt

+ 1 kl citroensap

+ Boursin Cuisine Look, fijne kruiden

Mooi laten inkoken

+ peterselie op einde

Zalm terug toevoegen

Met gekookte aardappel en prinsessenboontjes, erwt  
en wortel

Fotos

