



# Grilled Salmon with Lemon & Herbs

## Ingredients

- 4 salmon fillets (about 6 ounces each)
- 2 tablespoons olive oil
- 2 cloves garlic, minced
- Zest and juice of 1 lemon
- 2 tablespoons fresh parsley, chopped
- 1 tablespoon fresh dill, chopped
- Salt and black pepper to taste
- Lemon wedges, for serving

## Instructions

1. Preheat your grill to medium-high heat. If you're using a stovetop grill pan, heat it over medium-high heat.
2. In a small bowl, mix together the olive oil, minced garlic, lemon zest, lemon juice, parsley, dill, salt, and black pepper.
3. Place the salmon fillets on a plate or shallow dish and brush both sides with the olive oil mixture, ensuring they are evenly coated. Let them marinate for about 15-20 minutes at room temperature.
4. Once the grill is hot, lightly oil the grates to prevent sticking. Place the salmon fillets on the grill, skin side down if they have skin.
5. Grill the salmon for about 4-5 minutes on each side, or until it easily flakes with a fork and has nice grill marks.
6. Once cooked, remove the salmon from the grill and transfer it to a serving platter. Serve immediately with lemon wedges on the side.