

Simple Skillet Salmon with Peter Capozzi



Ingredients:

Kosher salt, to taste

Avocado oil

2 salmon filets

Fresh ground black pepper

Directions:

Preheat oven to 450°

Heat cast iron skillet over high heat.

Drizzle avocado oil over salmon and rub in on both sides. Salt both sides of salmon with Kosher salt and gently rub into the fish.

Lay salmon in pan (skin side up) and cook for 2 minutes. Gently flip salmon in skillet so the skin-side is now down and place the skillet into the oven. Continue cooking for 8 to 10 minutes. Remove from oven and let salmon rest in skillet for a couple of minutes.

Transfer to plate, top with ground pepper and pesto, and serve.