

1. Lemon Garlic Baked Salmon

■ Get wild■caught salmon delivered! Use code E0KKJQJMEAGE at ButcherBox.

Ingredients

- 1 ■ 2 lbs salmon fillet
- 2 ■ 2 lemons
- 3 ■ 3 tbsp olive oil
- 4 ■ 4 garlic cloves
- 5 ■ 1 tsp oregano
- 6 ■ 1 tsp paprika
- 7 ■ Salt & pepper

Instructions

- 1 ■ Preheat oven to 375°F.
- 2 ■ Whisk lemon juice, zest, olive oil, garlic & spices.
- 3 ■ Salt salmon and place on foil.
- 4 ■ Pour marinade over top.
- 5 ■ Wrap and bake 18–20 min.
- 6 ■ Broil 2–3 min to finish.
- 7 ■ Sprinkle parsley and serve.

2. Grilled Salmon with Roasted Vegetables

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Ingredients

- 1 ■ 4 salmon portions
- 2 ■ 1 tbsp olive oil
- 3 ■ 1 tsp paprika
- 4 ■ 1 tsp garlic powder
- 5 ■ Assorted veggies
- 6 ■ Salt & pepper

Instructions

- 1 ■ Heat grill to medium.
- 2 ■ Season salmon with oil & spices.
- 3 ■ Toss veggies with oil & salt.
- 4 ■ Grill salmon 4–5 min/side.
- 5 ■ Roast veggies 20–25 min at 400°F.
- 6 ■ Serve together warm.

3. Salmon & Avocado Bowl

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Ingredients

- 1 ■ 2 cooked salmon fillets
- 2 ■ 1 avocado
- 3 ■ 1 cup cooked rice
- 4 ■ 1 cup greens
- 5 ■ Lemon or lime
- 6 ■ Salt & pepper

Instructions

- 1 ■ Bake or grill salmon.
- 2 ■ Slice avocado.
- 3 ■ Assemble bowl: rice, greens, salmon.
- 4 ■ Squeeze lemon, season lightly.
- 5 ■ Optional: drizzle tahini or yogurt.

4. Mediterranean Salmon

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Ingredients

- 1 ■ 1.5 lbs salmon
- 2 ■ 1 lemon
- 3 ■ 2 tbsp olive oil
- 4 ■ 1 tsp oregano
- 5 ■ Cherry tomatoes
- 6 ■ Olives
- 7 ■ Parsley
- 8 ■ Salt & pepper

Instructions

- 1 ■ Heat oven to 400°F.
- 2 ■ Season salmon.
- 3 ■ Arrange salmon, tomatoes & olives.
- 4 ■ Whisk oil, lemon & oregano; pour over.
- 5 ■ Bake 15–18 min.
- 6 ■ Top with parsley.

5. Clean Salmon Salad (No Mayo)

■ Get wild■caught salmon delivered! Use code E0KKJQJMEAGE at ButcherBox.

Ingredients

- 1 ■ 2 cooked salmon fillets
- 2 ■ 1 tbsp olive oil
- 3 ■ 1 lemon
- 4 ■ 1 celery stalk
- 5 ■ Green onions
- 6 ■ Salt
- 7 ■ Pepper

Instructions

- 1 ■ Flake salmon with fork.
- 2 ■ Dice celery & greens.
- 3 ■ Mix lemon juice, zest & oil.
- 4 ■ Toss together with salt & pepper.
- 5 ■ Serve on greens or whole grains.

6. Healthy Salmon Tacos

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Ingredients

- 1 ■ 1 lb salmon
- 2 ■ Tortillas
- 3 ■ 1 tsp chili powder
- 4 ■ 1 tsp cumin
- 5 ■ 1 lime
- 6 ■ Cabbage slaw
- 7 ■ Salt

Instructions

- 1 ■ Heat oven to 400°F.
- 2 ■ Season salmon with spices.
- 3 ■ Bake 12–14 min.
- 4 ■ Flake salmon.
- 5 ■ Build tacos with slaw & lime.

7. Honey Mustard Glazed Salmon

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Ingredients

- 1 ■ 4 salmon fillets
- 2 ■ 1 tbsp honey
- 3 ■ 1 tbsp Dijon mustard
- 4 ■ 1 tsp garlic
- 5 ■ Salt
- 6 ■ Pepper

Instructions

- 1 ■ Heat oven to 400°F.
- 2 ■ Mix honey, mustard & garlic.
- 3 ■ Brush over salmon.
- 4 ■ Bake 12–15 min.
- 5 ■ Serve warm.

8. Salmon & Veggie Breakfast Scramble

■ Get wild■caught salmon delivered! Use code E0KKJQJMEAGE at ButcherBox.

Ingredients

- 1 ■ 2 eggs
- 2 ■ Cooked salmon flakes
- 3 ■ 1/2 cup peppers
- 4 ■ Spinach
- 5 ■ Salt
- 6 ■ Pepper

Instructions

- 1 ■ Sauté peppers.
- 2 ■ Add spinach to wilt.
- 3 ■ Pour eggs in and stir.
- 4 ■ Add salmon flakes.
- 5 ■ Cook until set.
- 6 ■ Season & serve.

9. Air Fryer Salmon

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Ingredients

- 1 ■ 1 lb salmon
- 2 ■ 1 tsp paprika
- 3 ■ 1 tsp garlic powder
- 4 ■ Salt
- 5 ■ Pepper

Instructions

- 1 ■ Preheat air fryer to 400°F.
- 2 ■ Season salmon.
- 3 ■ Cook 8–10 min.
- 4 ■ Optional squeeze lemon.

10. Salmon & Sweet Potato Bowl

■ Get wild■caught salmon delivered! Use code E0KKJQJMEAGE at ButcherBox.

Ingredients

- 1 ■ 2 roasted sweet potatoes
- 2 ■ Cooked salmon
- 3 ■ Spinach
- 4 ■ Olive oil
- 5 ■ Salt
- 6 ■ Pepper

Instructions

- 1 ■ Roast sweet potatoes 30–35 min at 400°F.
- 2 ■ Flake salmon.
- 3 ■ Assemble bowl with spinach.
- 4 ■ Drizzle olive oil.
- 5 ■ Season & serve.