

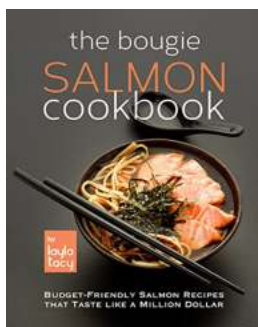
# Budget Friendly Salmon Recipes That Taste Like Million Dollars

Salmon is a delectable and nutritious fish that is loved by many. It is rich in omega-3 fatty acids, high-quality protein, and various essential vitamins and minerals. However, some people may avoid cooking salmon at home due to the misconception that it is an expensive ingredient. But fear not! In this article, we will share budget-friendly salmon recipes that taste like a million dollars.

## 1. Baked Lemon Herb Salmon

This simple yet flavorful recipe will surely impress your guests. Start by preheating your oven to 375°F (190°C). Line a baking sheet with foil and place a salmon fillet on top. Squeeze fresh lemon juice over the salmon and sprinkle it with dried herbs such as thyme, rosemary, and dill. Season with salt and pepper to taste.

Tightly seal the foil to create a packet, ensuring no steam can escape during baking. Bake for approximately 15-20 minutes or until the salmon is opaque and flakes easily with a fork. Serve with a side of roasted vegetables or a bed of fluffy quinoa for a complete meal.



## The Bougie Salmon Cookbook: Budget-Friendly Salmon Recipes that Taste like a Million Dollars

by Layla Tacy (Kindle Edition)

★★★★★ 5 out of 5

Language : English

File size : 17167 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled  
Print length : 71 pages  
Lending : Enabled



## 2. Teriyaki Glazed Salmon

If you're craving the sweet and savory flavors of teriyaki, this recipe is for you. In a small saucepan, combine soy sauce, honey, minced ginger, minced garlic, and a splash of rice vinegar. Bring the mixture to a simmer and let it cook until slightly thickened for about 5 minutes. Set aside.

Heat a non-stick skillet over medium heat and drizzle it with oil. Place the salmon fillets skin-side down and cook for about 4-5 minutes until the skin becomes crispy. Flip the fillets, brush the teriyaki glaze generously, and continue cooking for an additional 3-4 minutes or until the salmon is cooked to your desired level of doneness.

## 3. Cilantro Lime Salmon Tacos

Who can resist a flavorful and satisfying taco? For this recipe, start by marinating salmon fillets in a mixture of lime juice, minced garlic, chopped fresh cilantro, olive oil, cumin, salt, and pepper. Let it marinate in the refrigerator for at least 30 minutes.

Heat a grill pan or skillet over medium-high heat and cook the salmon fillets for about 4-5 minutes per side or until opaque and flaky. Remove from heat and let them rest for a few minutes. Break the salmon into smaller pieces and assemble your tacos with warmed tortillas, salsa, diced avocado, shredded cabbage, and a squeeze of lime juice.

#### **4. Creamy Dijon Mustard Salmon**

This recipe combines the richness of cream and the tanginess of Dijon mustard, resulting in a luscious and indulgent dish. Preheat your oven to 400°F (200°C). In a bowl, mix together Dijon mustard, minced garlic, lemon juice, salt, pepper, and a splash of heavy cream.

Place the salmon fillets on a baking sheet lined with parchment paper and generously coat them with the Dijon mustard mixture. Bake for approximately 12-15 minutes or until the salmon is cooked through and the top is golden brown. Serve alongside roasted potatoes or a fresh green salad for a delightful meal.

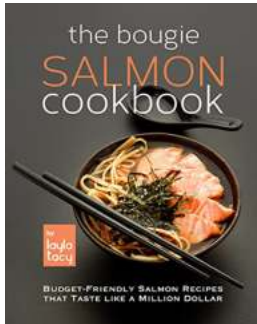
#### **5. Honey Sriracha Glazed Salmon**

If you enjoy a little heat in your meals, this honey Sriracha glazed salmon will surely tantalize your taste buds. In a small bowl, combine honey, Sriracha sauce, soy sauce, minced garlic, and lime juice.

Heat a skillet over medium-high heat and add a drizzle of oil. Place the salmon fillets skin-side down and cook for about 4-5 minutes until the skin is crispy. Flip the fillets, brush the honey Sriracha glaze on top, and continue cooking for an additional 3-4 minutes or until the salmon is cooked to perfection.

There you have it! Five budget-friendly salmon recipes that will make you feel like you're enjoying a meal from a fancy restaurant. These recipes prove that you don't need to break the bank to indulge in delicious and nutritious salmon dishes. So, get your apron on, head to the grocery store, and treat yourself to a salmon feast!

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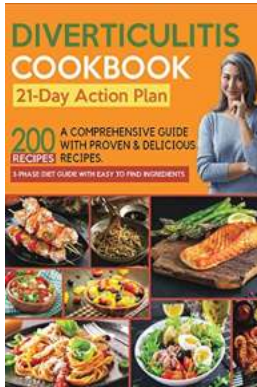
Salmon is one of the fanciest - and therefore most bougie - fish we know, and we love it! You could probably be eating canned salmon right now, and we'd still think it's pretty cool (or at least more than canned tuna). So, why not whip up a couple of recipes with your favorite fish and impress yourself and others with your cooking skills?

It's easier than you think! Besides, with The Bougie Salmon Cookbook, you'll learn everything you need to know about salmon in order to make bougie dishes that taste amazing but are still very budget friendly. What are you waiting for?



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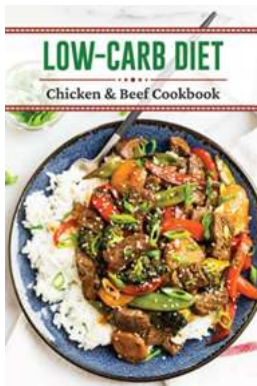
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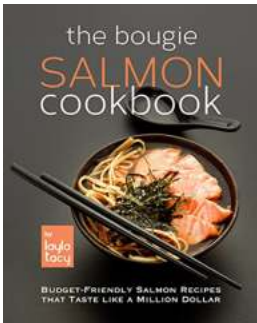
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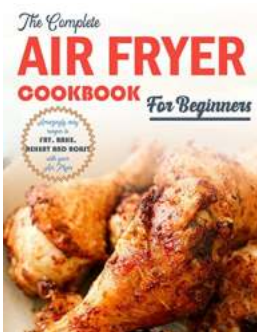
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