

Dijon Salmon



Indulge in the essence of gastronomy with our Dijon Salmon recipe. Savor the tender, juicy salmon infused with the captivating flavor of Dijon mustard, creating a delightful and sophisticated culinary experience. A refined dish that will surely tantalize your taste buds!

Preparation 10 min

Cooking 12 min

Servings 2

Nutrition Facts (per serving)

Calories 220

Fat 11

Carbohydrates 1

Fibre 0

Protein 26

Sodium 175

Ingredients

- 2 salmon fillets of about 150g each
- 15 ml (1 tbsp) Dijon mustard
- 5 ml (1 tsp) dried herbs
- Salt and pepper

Yogurt sauce

- 60 ml (¼ cup) of natural Greek yogurt
- 30 ml (2 tbsp) lemon juice
- 15 ml (1 tbsp) chopped chives
- 15 ml (1 tbsp) chopped fresh dill
- 15 ml (1 tsp) of Dijon mustard
- Salt and pepper to taste

Preparation

1. Preheat the oven to 375 °F.
2. Spread the salmon on a plate lined with aluminum foil and add the mustard, herbs, salt and pepper on top of it.
3. Put in the oven for about 12 minutes or depending on the thickness of the fish and the desired cooking.
4. Meanwhile, prepare the sauce by mixing all the ingredients.

Notes



Guillaume Couture – Founder, President, and Director of Innovation
President | Founder