

Herb-Crusted Grilled Salmon with Lemon Pepper

Perfectly grilled salmon with aromatic herbs delivers omega-3s and protein without spiking blood sugar—ideal for balanced glucose management.

Prep: 8 min

Cook: 12 min

Total: 20 min

Servings: 2

GL 0.0 / GI 0

Ingredients

wild-caught preferred salmon fillets, skin-on

sea salt

freshly ground black pepper

olive oil cooking spray

Instructions

Step 1

Preheat your outdoor grill to medium heat (approximately 375°F) or place a cast-iron grill pan over medium heat on your stovetop. Allow the cooking surface to heat for 3-4 minutes until evenly hot.

Step 2

In a small bowl, combine the chopped dill, parsley, lemon zest, half the salt, and half the black pepper. Mix well to create the herb crust mixture.

Step 3

Pat the salmon fillets completely dry with paper towels to ensure proper searing and prevent sticking. Brush the top side of each fillet with half the olive oil and drizzle with lemon juice.

Step 4

Press the herb mixture generously onto the oiled side of the salmon fillets, creating an even crust that covers the entire surface. The oil will help the herbs adhere during cooking.

Step 5

Brush the preheated cooking surface with the remaining olive oil. Place the salmon fillets herb-crusted side up onto the grill or pan, skin-side down. Cook undisturbed for 4-5 minutes to develop a crispy skin.

Step 6

Season the herb-crusted top with the remaining salt and pepper. Using a fish spatula, carefully flip the salmon, taking care to keep the herb crust intact.

Step 7

Cook the herb-crusted side for 3-4 minutes until the herbs are fragrant and slightly golden, and the salmon reaches an internal temperature of 145°F. The fish should flake easily with a fork but remain moist in the center.

Step 8

Remove the salmon from heat and let rest for 2 minutes before serving. The fish will continue cooking slightly during this resting period, ensuring perfectly moist, tender results with a flavorful herb crust.