

Seared Salmon with Sunflower Sprouts and Lemon Yogurt Sauce

The Food Fellas

2½ lbs salmon fillet (cut in 6 equal portions)

1 cup yogurt

Juice of 1 lemon

1 tsp lemon zest

Dash of salt, pepper

Sunflower sprouts

- Season salmon with salt and pepper
- Sear the salmon in a hot skillet
- Mix the yogurt, lemon juice, lemon zest, salt and pepper
- Arrange sprouts on plate, place salmon on top, drizzle with yogurt sauce

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