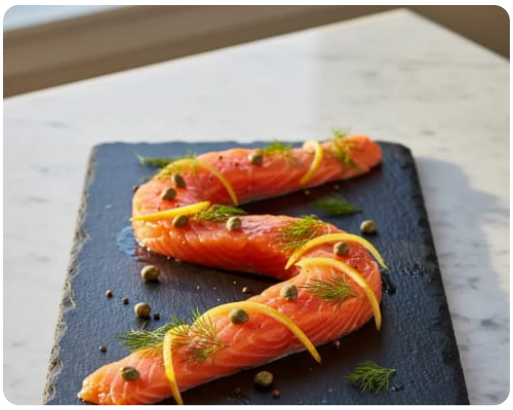


Helergon Kitchen

# Smoked Salmon Recipe – Easy Weeknight Dinner

| | | |
|---|---|---|
| **10 min**<br>Prep time | **10 min**<br>Total time | **2**<br>Servings |
| **Easy**<br>Difficulty | **Mediterranean**<br>Cuisine | **Main Course**<br>Course |

## Ingredients

### Main Ingredients

- [ ] 200 g smoked salmon, sliced thin
- [ ] 1 tbsp extra-virgin olive oil
- [ ] 1 tbsp fresh dill, chopped
- [ ] 1 tsp lemon zest
- [ ] 1 tbsp capers, rinsed
- [ ] Cracked black pepper to taste

## Instructions

1. Place the salmon slices on a chilled plate, arranging them in a single, overlapping layer.
2. Drizzle the olive oil evenly over the fish; the oil adds shine and helps the flavors meld.
3. Scatter the chopped dill, lemon zest, and capers across the top, then finish with a light crack of black pepper.
4. Let the assembled plate sit for five minutes at room temperature – this releases the smoky aroma.
5. Serve with crusty bread or atop a simple mixed-green salad, and enjoy the quiet elegance.

### Nutrition per serving

| 210 kcal | 22 g | 1 g | 12 g |
|---|---|---|---|
| Calories | Protein | Carbs | Fat |

> **Tips & notes**
> - If you like a little heat, add a pinch of red pepper flakes.
> - For extra freshness, serve with thinly sliced cucumber.
> - A splash of good-quality lemon juice right before eating brightens the dish.