

Salmon with Citrus Beurre Blanc

Cooking Instructions

This dish has 2 parts: Salmon and Citrus Beurre Blanc.

Sauce may be prepared from frozen using the microwave or saucepan method below.

Salmon Cooking Method – Choose One:

Freezer to Oven: Preheat oven to 350°F. Bake salmon uncovered for 60–75 minutes, until internal temp reaches 145°F.

Freezer to Air Fryer: Remove salmon from pan and place on a lightly greased air fryer rack. Cook at 380°F for 15–18 minutes, until internal temp reaches 145°F.

Thawed: Thaw salmon in refrigerator 24–48 hours in advance. Add 1–2 tablespoons oil to a skillet over low-medium heat. Sauté 3–5 minutes per side, until salmon is flaky and internal temp reaches 145°F. Set aside.

Sauce Cooking Method – Choose One:

Freezer to Microwave: Transfer frozen sauce to a microwave-safe dish, popping it out of the plastic container. Microwave at 50% power for 2 minutes. Stir until butter melts into sauce.

Freezer to Saucepan: Set butter pats aside. Some sauce may stick to them, and that is okay. Pour the remaining sauce into a pan over medium-high heat, making sure all sauce is scraped out of the container. Stir until melted, then lightly boil until sauce is reduced by half. Remove from heat, add butter, and whisk until creamy.

Internal temp: 145°F.

Serving Suggestions: Spoon sauce over salmon. Serve with asparagus and white rice.

Please Note: Cooking times are estimates and may vary based on your oven, air fryer, stovetop, pan, equipment, and how frozen or thawed the dish is when placed in the oven, air fryer, or skillet.



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