

Easy Honey Garlic Salmon

Prep Time 10 mins

Cook Time 10 mins



Total Time 20 mins

Easy Honey Garlic Salmon is a throw together recipe in one pan and a perfect sweet and savory 5-ingredient garlicky sauce with a hint of lemon!

Ingredients

- 4 wild caught salmon fillets about 1/2 pound or 250 grams each, skin off or on
- Salt and pepper, to season
- 1/2 teaspoon paprika (mild, sweet or smokey)
- 2 tablespoons butter
- 4 cloves garlic, finely chopped or minced
- 4 tablespoons honey
- 1 tablespoon water
- 2 teaspoons soy sauce
- 1 tablespoon fresh squeezed lemon juice, (plus extra to serve)
- Lemon wedges to serve

Instructions

1. Arrange oven shelf to the middle of your oven. Preheat oven to broil/grill settings on medium heat.
2. Season salmon with salt, pepper and paprika. Set aside.
3. Heat the butter in a skillet or pan over medium-high heat until melted. Add the garlic and sauté for about a minute, until fragrant. Pour in the honey, water and soy sauce; allow the flavors to heat through and combine. Add in the lemon juice; stir well to combine all of the flavors together.
4. Add the salmon steaks to the sauce in the pan; cook each fillet (skin-side down if there's any skin) for 3-4 minutes or until golden, while basting the tops with the pan juices. Season with salt and pepper, to taste (if desired).
5. Optional -- Add the lemon wedges around the salmon (adds a stronger lemon taste).

Baste salmon one more time then transfer the pan to your oven to broil / grill for a further 5-6 minutes, or until the tops of the salmon are nicely charred, and the salmon is cooked to your liking.

6. To serve, drizzle with the sauce and a squeeze of lemon juice. Serve with steamed vegetables; over rice or with a salad.

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