

HONEY GLAZED SALMON

SERVINGS: 2

PREP TIME: 10 MINUTES

COOK TIME: 20 MINUTES



Ingredients:

- 2 salmon filets, 6 ounces each
- 2 tablespoons Lucky Lime & Sea Salt Honey
- 1 tablespoon extra virgin olive oil
- 1 tablespoons low sodium soy sauce
- 1 tablespoon rice wine vinegar
- 1/2 teaspoon minced garlic
- 1/4 teaspoon red pepper flakes
- Freshly chopped cilantro
- Salt

Directions:

1. Preheat oven to 400°F.
2. Combine Lucky Lime & Sea Salt Honey, garlic, soy sauce, vinegar, and red pepper in a small saucepan. Bring to boil on stovetop.
3. Turn heat to low and simmer, stirring often, until thickened, about 3 minutes.
4. Remove from heat and let thicken for 3 minutes.
5. Line baking dish with aluminum foil.
6. Pat the salmon filets dry with paper towel and place in baking dish.
7. Brush filets with olive oil, sprinkle with salt.
8. Pour honey glaze over salmon. Baste the glaze over the top of the salmon with spoon.
9. Bake 6 minutes, baste once more. Return to oven and bake until salmon is cooked through at center, 6 to 8 minutes for 1-inch filets.
10. Salmon is done when thermometer reaches 145°F and flakes easily with a fork.
11. Spoon the glaze over the salmon once more and sprinkle with cilantro. Serve hot over rice, with the remaining glaze drizzled over the top.



Notes:

Do not overcook the salmon or it will be dry. Remove the salmon at 145°F, then cover it and let it rest a few minutes, so the carryover cooking finishes the job.