



HONEY GARLIC SALMON

Intermediate Lifestyle

INGREDIENTS

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

INSTRUCTIONS

—Arrange oven shelf to middle of oven. Preheat oven to broil/grill settings on medium heat.

—Season salmon with salt, pepper and paprika. Set aside.

—Heat butter in a skillet or pan over medium-high heat until melted. Add garlic and sauté for about a minute, until fragrant. Pour in honey, water and soy sauce; allow flavors to heat through and combine. Add in lemon juice; stir well to combine all of the flavours together.

—Add salmon steaks to sauce in pan; cook each fillet (skin-side down if there's any skin) for 3-4 minutes or until golden, while basting tops with pan juices. Season with salt and pepper, to taste (if desired).

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

—To serve, drizzle with sauce and squeeze of lemon juice.

SERVING INFO: (Serves 4)

1 fillet = 1 P

See photo of this recipe at [Instagram](#) and [Facebook](#).