



HONEY GLAZED BAKED SALMON



Ingredients

1 large salmon fillet, or equivalent amount of fish (1 kg / 2 lbs in weight)
3 tbsp honey
3 tbsp minced garlic
2 tbsp maple syrup
1 tsp paprika
1 tsp garlic powder
1 tsp onion powder
1 tsp lemon zest
¼ cup lemon juice
salt and pepper to taste



Instructions

Servings
4-6

Prep Time
10 mins

Cook Time
15 mins

Total Time
25 mins

1. Mince the garlic, and zest and juice the lemon.
2. Mix all the seasonings together in a measuring cup with the garlic, honey, maple syrup, lemon zest, and lemon juice.
3. Line a baking sheet with parchment paper, then lay the salmon fillet on top. Pat the salmon dry with some paper towel.
4. Pour the honey sauce evenly over the top of the fish, so it's completely coated.
5. Let the fish sit in the sauce for 10 minutes before baking.
6. Preheat the oven to 375° F.
7. Bake the salmon fillet at 375° F for 15-20 minutes, or until the fish turns opaque and can be easily flaked with a fork. The internal temperature of the fish should reach at least 145° F.