

# Honey Soy-Glazed Salmon

Who knew honey and salmon were such a delicious pair? The results of this recipe are irresistible, and we're pretty sure it'll become your go-to weeknight dinner. A delightful blend of honey, soy sauce, garlic, and ginger coats the salmon, infusing it with deliciousness in just 30 minutes. Sizzle the salmon in a hot pan until it crisps up perfectly on the outside. Then, take the leftover marinade, heat it, and let it thicken into a heavenly glaze for drizzling over the fish. Pair it with your preferred veggies (we like broccoli!) or rice for a complete meal that's hard to beat.

Total Time: 40 minutes

Prep Time: 30 minutes

## Ingredients for 2 Servings

12 oz skinless salmon 1 tablespoon olive oil

Honey Soy Marinade

- 4 cloves garlic, minced
- 2 teaspoons ginger, minced
- ½ teaspoon red pepper
- 1 tablespoon olive oil
- ½ cup less sodium soy sauce
- ½ cup honey

## Nutrition Info

Calories 525, Fat 25g, Carbs 34g, Fiber 0g, Sugar 32g, Protein 36g

Estimated values based on one serving size. (1 Serving = 6 oz salmon)

## Preparation

- 1 Place the salmon in a sealable bag or medium bowl.
- 2 In a small bowl or measuring cup, mix marinade ingredients.
- 3 Pour half of the marinade over the salmon. Save the remaining marinade for later.
- 4 Let the salmon marinate in the refrigerator for at least 30 minutes.
- 5 In a medium pan, heat the oil. Add the salmon to the pan and discard the used marinade. Cook the salmon on one side for about 2-3 minutes, then flip over and cook for an additional 1-2 minutes.
- 6 Remove the salmon from the pan. Pour in the remaining marinade and reduce to a sauce-like consistency.
- 7 Serve the salmon with the sauce and a side of veggies. We used green beans.
- 8 Enjoy!

Picture of Me Making It:

