

Honey Garlic Glazed Salmon

Introduction

Honey Garlic Glazed Salmon is a simple yet elegant dish that combines the natural richness of salmon with a sweet and savory glaze. This recipe is perfect for a weeknight dinner or a special occasion, bringing together wholesome ingredients and vibrant flavors. The dish is not only delicious but also packed with nutrients, making it a healthy choice for seafood lovers.

Ingredients

To prepare this delectable salmon, you will need:

- 4 salmon fillets (about 6 ounces each)
- Salt and pepper to taste
- 2 tablespoons olive oil
- 4 cloves garlic, minced
- 1/3 cup honey
- 1/4 cup soy sauce (low sodium preferred)
- 1 tablespoon Dijon mustard
- 1 tablespoon rice vinegar (or apple cider vinegar)
- 1 teaspoon sesame oil (optional)
- Fresh parsley or green onions, chopped (for garnish)
- Lemon wedges (for serving)

Instructions

Prepare the Salmon: Begin by patting the salmon fillets dry with paper towels. This helps achieve a nice sear. Season both sides with salt and pepper, ensuring the flavors penetrate the fish.

Make the Glaze: In a small bowl, whisk together the honey, soy sauce, minced garlic, Dijon mustard, rice vinegar, and sesame oil (if using). This glaze will create a beautiful caramelized finish on the salmon.

Sear the Salmon: Heat olive oil in a large skillet over medium-high heat. Once hot, carefully add the salmon fillets, skin-side down. Sear the salmon for about 4-5 minutes without moving it. This allows the skin to crisp up nicely.

Add the Glaze: Carefully flip the salmon fillets over. Pour the honey garlic glaze over the fish, allowing it to coat each piece. Reduce the heat to medium and let the

salmon cook for another 3-5 minutes. Baste the fish with the glaze as it cooks to enhance the flavor and ensure it stays moist.

Check for Doneness: The salmon is done when it flakes easily with a fork and reaches an internal temperature of 145°F. If desired, you can turn the heat up slightly at the end to caramelize the glaze further, but watch closely to prevent burning.

Serve: Once cooked, remove the salmon from the skillet and place it on a serving platter. Drizzle any remaining glaze from the pan over the top. Garnish with freshly chopped parsley or green onions for a pop of color. Serve with lemon wedges on the side for an extra citrusy kick.

Tips and Variations

For a complete meal, serve the honey garlic glazed salmon alongside steamed rice, quinoa, or a fresh green salad. You can also add roasted vegetables like asparagus or broccoli for a nutritious side. For a twist, try using different types of fish, such as trout or tilapia, adjusting cooking times as needed.

Conclusion

Honey Garlic Glazed Salmon is a quick and flavorful recipe that can elevate any dinner table. Its combination of sweet and savory notes creates a delightful balance that pairs wonderfully with various sides. Whether you're a seasoned cook or just starting, this dish is easy to prepare and sure to impress your family and friends. Enjoy the rich taste of salmon while savoring the delicious glaze that makes each bite unforgettable.