

# Honey Garlic Salmon

## Ingredients:

### For the salmon:

- 4-5(6 oz each) salmon filets
- kosher salt
- black pepper
- 1/2 tsp smoked or regular paprika

### For the sauce:

- 2 TBS butter
- 2 tsp olive oil
- 5 cloves garlic minced- I love the frozen cubes from trader joes
- 1/4 cup honey
- 3 Tbsp water
- 3 Tbsp coconut aminos or low sodium soy sauce

### Optional Toppings:

- Chopped green onions and sesame seeds

## Directions

1. Pat salmon dry, then season with salt, pepper, paprika. If needed, you can use a silicone brush to evenly distribute your spices (I had little helpers so our spices were a bit heavy in areas)
2. Adjust oven to middle rack and preheat your broiler
3. Add butter and oil to a large, oven-safe skillet over med-high heat. Once butter is melted, add garlic, water, soy sauce, and honey and cook for about a minute, until sauce is heated through. Stir frequently to prevent burning
4. Add salmon, skin side down and cook for 3 minutes. While salmon cooks, baste frequently with sauce from the pan by spooning it over the top of the salmon - this really infuses the flavor!
5. Remove the pan from the stove top, and place in the oven on middle rack. Broil salmon on the middle rack of the oven for 7-8 minutes, basting with sauce once during the broil, until salmon is caramelized and cooked to desired doneness. (If you have thick filets, they may need about 10 minutes)
6. Garnish with chopped green onions and sesame seeds if desired

MADE WITH LOVE

by Teresa Forchand