

Orange Glazed Salmon

INGREDIENTS

For Salmon:

- 1 lb salmon fillets (4 pieces, skin-on or skinless)
- 1 tablespoon olive oil or butter
- Salt and pepper, to taste
- 1 small orange, thinly sliced (for topping)

For Orange Glaze:

- 1/2 cup fresh orange juice (about 1 large orange)
- 2 tablespoons honey
- 2 tablespoons soy sauce
- 2 cloves garlic, minced
- 1 teaspoon cornstarch + 1 teaspoon water (optional, for thickening)

DIRECTIONS

1. Preheat the oven to 400°F (200°C).
2. Pat salmon fillets dry and season both sides with salt and pepper.
3. Heat olive oil or butter in an oven-safe skillet over medium-high heat.
4. Place salmon skin-side up (if skin-on) and sear for 3-4 minutes until golden.
5. Flip and sear the other side for 2 minutes.
6. Place thin slices of orange over each salmon fillet.
7. Transfer the skillet to the oven and roast for 6-8 minutes, or until the salmon flakes easily with a fork and reaches 145°F internally.
8. In a small saucepan over medium heat, combine orange juice, honey, soy sauce, and garlic.
9. Bring to a simmer and let it cook for 3-4 minutes.
10. If you want a thicker glaze, stir in the cornstarch + water slurry and simmer 1-2 more minutes, until glossy.
11. Remove salmon from the oven. Discard orange slices or serve them as garnish.
12. Drizzle the warm glaze over each fillet just before serving.