

Glazed Salmon

Honey glazed salmon with caramelized coating. Pan-seared to perfection in 25 minutes. Healthy Asian-inspired dinner with crispy skin and tender fish.

15 min

PREP

10 min

COOK

25 min

TOTAL

4

SERVINGS

Medium

DIFFICULTY

Ingredients

- 4 tbsp olive oil
- 1 lb carrot
- 2 tbsp honey
- 1 tbsp mustard
- 2 tbsp fresh lemon juice
- 24 oz salmon
- 1 tsp cumin
- 1 tsp cilantro (coriander)
- 1 tsp cinnamon
- 1 cup mint
- 1 cup almond
- 1 tsp salt
- 1 tsp black pepper

Instructions

1 Prepare the salmon

Pat the 24 oz salmon fillets dry with paper towels and season both sides with 1 teaspoon salt and 1 teaspoon pepper.

2 Let the salmon rest at room temperature for 15 minutes to ensure even cooking.

3 Make the glaze

Whisk together 4 tablespoons honey, 2 tablespoons soy sauce, 1 tablespoon minced garlic, and 1 teaspoon

grated ginger in a small bowl until smooth.

4 **Start cooking the salmon**

Heat 1 tablespoon olive oil in a large non-stick skillet over medium-high heat until the oil shimmers, about 2 minutes.

5 Place salmon fillets skin-side down in the hot pan and cook without moving for 4-5 minutes until the skin is crispy and the edges turn opaque.

6 Flip the salmon carefully with a fish spatula and cook for 2-3 minutes on the flesh side until lightly golden.

7 **Apply the glaze**

Brush the honey glaze generously over the top of each salmon fillet and cook for 1-2 minutes until the glaze bubbles and caramelizes.

8 Check that the internal temperature reaches 145°F (63°C) with a meat thermometer, then remove from heat and let rest for 2 minutes before serving.

Tips

Choose salmon fillets of uniform thickness (about 1-1.5 inches) to ensure even cooking. Skin-on fillets retain more moisture and provide textural contrast.

Bring salmon to room temperature 30 minutes before cooking for even heat distribution. Pat completely dry with paper towels to help the glaze adhere and prevent splattering.

Heat your pan over medium-high heat until a drop of water sizzles and evaporates immediately. Add oil just before the salmon to prevent burning.

Apply the honey glaze only during the final 2-3 minutes of cooking to prevent burning. The natural sugars caramelize quickly once heated.

Don't move the salmon too early when pan-searing. Let it develop a golden crust for 3-4 minutes before flipping - it will release easily when ready.

Use a fish spatula or thin metal spatula for flipping to prevent breaking. Support the fillet with your fingers if needed during the flip.

Let cooked salmon rest for 2-3 minutes before serving to allow juices to redistribute and prevent the fish from falling apart when plated.

Save any leftover glaze to drizzle over the finished dish or use as a sauce for steamed vegetables served alongside the salmon.