



Honey Garlic Salmon

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This honey garlic salmon is salmon fillets seared to perfection and coated in a sweet and savory honey garlic sauce. The perfect easy and healthy dinner for a busy weeknight!

Course Main Course
Cuisine Asian

Keyword honey garlic salmon, salmon

Prep Time 10 minutes

Cook Time 20 minutes

Total Time 30 minutes

Servings 4

Calories 283kcal

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Ingredients

- 1 1/4 pounds salmon fillets
- 2 teaspoons olive oil
- salt and pepper to taste
- 4 cloves garlic minced
- 1/4 cup water
- 1/4 cup low sodium soy sauce
- 3 tablespoons honey
- 2 teaspoons cornstarch
- 1 tablespoon chopped parsley
- lemon wedges for serving

Instructions

1. Heat the olive oil in a large pan over medium high heat. Season the salmon with salt and pepper to taste.
2. Place the salmon skin side up in the pan. Cook for 4-5 minutes per side or until cooked through.
3. Remove the salmon from the pan and place on a plate. Cover with foil to keep warm.
4. Add the garlic to the pan and cook for 30 seconds.
5. Add the water, soy sauce and honey to the pan; bring to a simmer.
6. In a small bowl, whisk together the cornstarch with 1 tablespoon cold water.
7. Slowly pour the cornstarch mixture into the pan and whisk to combine. Bring to a boil and cook for 1 minute or until sauce has just thickened.
8. Return the salmon to the pan and spoon the sauce over the top. Sprinkle with parsley and serve with lemon wedges if desired.

Nutrition

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Honey Garlic Salmon - Dinner at the Zoo

Calories: 283kcal | Carbohydrates: 16g | Protein: 29g | Fat: 11g | Saturated Fat: 1g | Cholesterol: 77mg | Sodium: 395mg | Potassium: 735mg | Sugar: 13g | Vitamin A: 55IU | Vitamin C: 0.9mg | Calcium: 25mg | Iron: 1.6mg