



# Honey Glazed Salmon

## Ingredients

- 4 salmon filets
- Kosher salt & freshly ground black pepper, to taste
- 4 Tbsp all-purpose flour
- 4 Tbsp honey
- 2 Tbsp olive oil
- Zest of 1 lime

## FOR THE BROWNEB BUTTER SAUCE

- 6 Tbsp unsalted butter
- 2 cloves garlic, pressed
- 1 Tbsp honey
- Juice of 1 lime
- Kosher salt & freshly ground pepper, to taste

## Instructions

1. Preheat oven to 400 degrees.
2. To make the brown butter lime sauce, melt butter in a medium saucepan over medium heat. Cook, whisking constantly, until the foam subsides and the butter begins to turn a golden brown, about 3 minutes. Stir in garlic, honey and lime juice, salt and pepper, to taste. Set aside.
3. Season salmon with salt and pepper, to taste. Dredge each salmon filet with 1 Tbsp flour and drizzle 1 Tbsp of honey.
4. Heat olive oil in a large oven-proof skillet over medium heat. Working in batches, add salmon to skillet and sear both sides until golden brown, about 1 – 2 minutes per side.
5. Place into oven and bake until completely cooked through, about 8 – 10 minutes.
6. Serve immediately with browned butter lime sauce and lime zest, if desired.
7. Serves 4.



Credit where credit is due:  
Damn Delicious