

Plate Dream

Honey Baked Salmon – Easy, Delicious Dinner

10 min Prep time	**20 min** Cook time	**30 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 4 salmon fillets (6-oz each)
- [ ] 2 tbsp honey
- [ ] 2 tbsp low-sodium soy sauce
- [ ] 1 clove garlic, minced
- [ ] 1 tsp lemon juice
- [ ] 1 tbsp olive oil

Optional Garnish

- [ ] Fresh chopped parsley
- [ ] Lemon wedges

Instructions

1. Preheat the oven to 400°F (200°C) and line a baking sheet with parchment paper.
2. Pat the salmon dry, brush each fillet with olive oil, and place them skin-side down on the prepared sheet.
3. In a small bowl, whisk honey, soy sauce, minced garlic, and lemon juice; drizzle the mixture over the salmon, letting it pool.
4. Bake for 12-15 minutes, until the fish flakes easily and the glaze turns a gentle golden hue.
5. If you like extra caramelization, switch to broil for the last 2 minutes, then garnish with parsley and serve with lemon wedges.

Nutrition per serving

380 kcal	30 g	22 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- Check the salmon at 12 minutes; ovens vary.
- For a richer flavor, add a splash of orange juice to the glaze.
- Leftovers reheat best in a skillet over low heat to revive the crisp glaze.