

Honey Siracha Salmon



Ingredients:

- 4 salmon filets, skin on
- 4 tablespoons of garlic powder
- 4 tablespoons of onion powder
- 2 tablespoons of chili powder
- 2 tablespoons of powdered ginger
- 1 tablespoon of salt
- 1 garlic clove, minced
- 3 tablespoons low sodium soy sauce
- 2 tablespoons honey

- 2 tablespoons siracha
- 3 tablespoons water
- Juice from half of a lemon
- ½ tablespoon olive oil, for pan fry method

INSTRUCTIONS

1. In medium size bowl add garlic, soy sauce, honey, lemon juice, siracha and water. Mix with whisk.
2. Add salmon and sauce in a Ziploc bag and place in the refrigerator. Let sit for an hour.
3. Take salmon out of the marinade and discard the marinade.
4. Cook salmon following either the oven method or pan fried method below.

Oven Method

1. Preheat oven to 425 degrees.
2. Spray a baking pan with cooking spray or layer with parchment paper.
3. Place salmon on the prepared pan.
4. Place in the oven and cook for about 15 minutes or until the salmon is cooked through. Make sure not to overcook the salmon.
5. Serve immediately with a sprinkle of green onions.

Pan Fry Method

1. Add olive oil to a large skillet.
2. When the pan is hot add in salmon skin side down. Cook for about 4-5 minutes on each side. The salmon should start to turn opaque.
3. Take off of the heat. When the salmon is cool enough to handle peel off the skin.
4. Serve immediately with a sprinkle of green onions and sesame seeds for garnish.