

Bite Spoon

Honey Baked Salmon – Easy & Delicious

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

Ingredients

Main Ingredients

- [ ] 4 salmon fillets (about 6 oz each)
- [ ] 2 tbsp honey
- [ ] 2 tbsp low-sodium soy sauce
- [ ] 1 tbsp fresh lemon juice
- [ ] 2 cloves garlic, minced
- [ ] 1 tsp olive oil
- [ ] Salt and freshly ground black pepper to taste

Optional Garnish

- [ ] Fresh chopped parsley
- [ ] Lemon wedges

Instructions

1. Preheat the oven to 400°F (200°C). Line a baking sheet with parchment paper.
2. In a small bowl, whisk together honey, soy sauce, lemon juice, minced garlic, olive oil, salt, and pepper until smooth.
3. Place the salmon fillets skin-side down on the prepared sheet. Brush each fillet generously with the honey glaze.
4. Bake for 12-15 minutes, or until the salmon flakes easily with a fork and the glaze is lightly caramelized.
5. If you prefer a deeper caramel, switch the oven to broil for the final 2 minutes—watch closely.
6. Remove from oven, sprinkle with fresh parsley and serve with lemon wedges.

Nutrition per serving

320 kcal	30 g	18 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- Avoid overcrowding the baking sheet; give each fillet space to caramelize evenly.
- If the glaze thickens too much before baking, thin it with a splash of water.
- For a spicier kick, stir a pinch of red pepper flakes into the glaze.