

HONEY GARLIC SALMON

Preparation: **20** mins. | Cooking: **6** mins. | Servings: **6**

INGREDIENTS

6 salmon fillets (3 ounces each), skin on/off
3 large garlic cloves, grated
2 green onions, finely chopped
2 tbsp. honey
1 tbsp. lemon (or lime) juice
2 tsp. avocado oil
1/2 tsp. salt
1/2 tsp. ground black pepper



INSTRUCTIONS

In a small bowl, whisk together honey, lemon/lime juice, garlic, salt and pepper. Place salmon fillets in a large Ziploc bag, and pour marinade over. Squeeze as much air out as possible, and seal the bag. Gently move fillets around inside the bag to make sure they are all evenly coated. Place flesh side down, and let marinate for 15 minutes. Preheat a large non-stick skillet on low-medium heat, and add oil, making sure it coats the bottom of the skillet evenly. Place salmon fillets flesh side down in the skillet, leaving enough space in between them. Cover with a lid, and cook for 3 minutes. Remove the lid, cook another minute and flip over. Repeat: Cover, cook for 3 minutes, remove the lid and cook for another minute. If your skillet is not large enough, cook your salmon filets in two batches. If you overcrowd the skillet, the cooking time increases by a few minutes for each step. Serve hot, garnished with green onions, alongside quinoa and steamed broccoli!