

SWEET GLAZED SALMON FILLET

ingredients:

- 1 teaspoon olive oil, divided
- 1 clove garlic, minced
- 1/3 cup packed brown sugar
- 1/4 cup soy sauce
- 1/2 lemon, juiced
- 1 teaspoon honey
- 1/4 teaspoon sea salt, plus more for garnish
- 1/4 teaspoon ground black pepper, plus more for garnish
- 1/4 teaspoon red pepper flakes
- 4 (6 ounce) fillets salmon
- 1 tablespoon olive oil

directions:

1. Heat 1/2 teaspoon olive oil in a small skillet over medium-high heat. Sauté the garlic for about 30 seconds until fragrant. Remove from heat and add the sautéed garlic to a bowl along with the brown sugar, soy sauce, lemon juice, honey, 1/2 teaspoon olive oil, sea salt, black pepper, and red pepper flakes.
2. Mix to combine and then pour mixture into a large resealable plastic bag. Add salmon fillets to the bag, turning to coat with marinade, squeeze to remove excess air, and seal the bag. Marinate in the refrigerator for at least 1 hour up to 4 hours.
3. Remove salmon from the marinade and carefully shake off excess liquid. Reserve 4-6 tablespoons of marinade and discard the remainder.
4. Heat 1 tablespoon olive oil in a large skillet over medium heat. Arrange salmon fillets in the hot skillet and pour reserved marinade over salmon.
5. Cover and cook, occasionally spooning liquid in the pan over fillets, until salmon is browned and flakes easily with a fork, 2 to 3 minutes per side. Garnish salmon with sea salt and black pepper.

Enjoy!

