



Serves: 4

Salmon Fillet with Honey Spice Sauce

Ingredients

- Salmon fillet, 100g–120g each 4
- Honey, ready in bottle 3 tbsp
- Garlic powder ½tsp
- Olive oil 1 tbsp*
- Hot water 2 tbsp
- Lemon peel, grated 1 tsp
- Lemon, sliced 12
- Spring Onion, shredded
- Salt & pepper, to taste

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Tips:

- Heat oil till hot before cooking, as this will shorten cooking time and reduce the amount of oil absorbed by the ingredients.
- Use unsaturated oils (e.g. sunflower oil, canola oil, olive oil) instead of saturated oils (e.g. ghee, butter, blended vegetable oil) to reduce your risk of heart disease.
- Oily fish (e.g. salmon, sardines and mackerel) contain omega-3 fatty acids which help prevent heart disease and stroke.

Method

- Place honey, lemon peel, garlic powder and hot water in a small bowl and whisk until well blended.
- Brush the mixture to coat the salmon fillets on both sides.
- Marinate for 45 minutes in the refrigerator.
- Season the salmon fillets with salt and pepper.
- Heat olive oil in a skillet over medium heat.
- Carefully place the salmon fillets on the skillet and cook for 4–5 minutes.
- Using tongs, turn the salmon fillets.
- Reduce heat to medium-low if necessary. Cook salmon fillets until they flake easily using a fork.
- Garnish salmon fillets with shredded spring onion and sliced lemon. Serve hot.

Nutrition Information (Per Serving):

Energy (1kcal = 4.2kJ) 205kcal
Protein 20.6g
Total fat (g and % of total calories)
7.0g (29 .1%)
Saturated fat 1.1g
Cholesterol 52mg
Carbohydrate 17.8g
Dietary Fibre 2.1g
Sodium 215mg