



# \* R E C I P E \*

High Tide Fisheries

## Honey Garlic Glazed Salmon

10 minutes

P R E P   T I M E

20 minutes

T O T A L   T I M E

## \* I N G R E D I E N T S

1 High Tide Fisheries' salmon fillet

1 Tbsp water

Salt and Pepper to taste

2 Tsp soy sauce

2 Tbsp butter

1 Tbsp fresh squeezed  
lemon juice

4 cloves minced garlic

Lemon wedges for  
serving

4 Tbsp honey

1/4 cup diced green onion

## INSTRUCTIONS

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Preheat oven to the broil setting on medium heat. Cut salmon fillet into 4 pieces. Season salmon with salt and pepper to taste. Set salmon aside. Heat butter in a pan over medium-high heat until melted. Add the garlic and sauté for about a minute. Pour in the honey, water and soy sauce; allow the flavors to heat through and combine. Add in the lemon juice; stir well to combine all of the flavors together. Add the salmon fillet pieces to the sauce in the pan; cook each fillet (skin-side down) for 3-4 minutes or until golden, while basting the tops with the pan juices. Season with salt and pepper, to taste (if desired). Add the lemon wedges around the salmon (adds a stronger lemon taste)-OPTIONAL. Baste salmon one more time then put the pan in your oven to broil for another 5-6 minutes, or until the tops of the salmon are nicely charred, and the salmon is cooked to your liking. To serve, drizzle with the sauce and a squeeze of lemon juice. A salad pairs nicely. Enjoy!

