

Honey & Garlic Glazed Salmon

Serves: 4 | Prep: 10 minutes | Cook: 15-20 minutes

Ingredients

4 salmon fillets

4 tbsp honey

3 garlic cloves, finely chopped or crushed

2 tbsp soy sauce

1 tbsp lemon juice

1 tbsp olive oil

½ tsp freshly ground black pepper

Lemon wedges, to serve

Chopped parsley or spring onion, optional

Method

1. Heat the oven to 200°C / 180°C fan / Gas 6.

2. Mix the honey, garlic, soy sauce, lemon juice and olive oil together in a small bowl.

3. Place the salmon fillets skin-side down in a lightly greased baking dish.

4. Spoon the honey and garlic mixture generously over each fillet, keeping a little back for basting.

5. Bake for 10 minutes, then spoon the glaze from the dish over the salmon and add the remaining honey mixture.

6. Return to the oven for another 5-8 minutes, depending on the thickness of the fillets, until the salmon is cooked through and flakes easily.

7. Spoon the sticky glaze from the bottom of the dish back over the salmon before serving.

8. Finish with a squeeze of fresh lemon and a little parsley or sliced spring onion if you like.

What to serve with it

This is lovely with steamed rice and green vegetables, or new potatoes and asparagus.

Norfolk Bees tip: Honey contains natural sugars, so the glaze can caramelise quickly. Adding plenty of it during the latter part of cooking gives you that lovely glossy, sticky finish without letting the honey scorch.