

Honey & Herb Salmon



Salmon has naturally occurring omega 3's which makes it a "good fat" fish. Our Lucky Lime & Sea Salt honey and our Fiery Sweet Mesquite honey both pair well with salmon.

Ingredients

1 salmon filet with the skin on
1 tablespoon high-quality extra virgin olive oil
1 tablespoon Fiery Sweet Mesquite honey or Lucky Lime & Sea Salt honey (your choice)
½ teaspoon minced garlic
2 teaspoons fresh squeezed lemon juice
¼ teaspoon fresh chopped herb (parsley or cilantro)
Salt and pepper

Instructions

In a medium-sized skillet, add extra virgin olive oil over medium-low heat. Season the salmon filet with salt and pepper. Once the skillet is hot, add the filet skin side down. Cook the filet for about 6 minutes, depending upon thickness. Flip the filet over carefully and cook on other side. Add the garlic to the oil in the skillet and let cook for 2 minutes. Add the honey and lemon juice to the skillet and stir together with garlic. Sauce will bubble and thicken. Salmon is fully cooked when opaque. Remove from skillet and peel skin away from filet and discard. Once plated and ready to serve, drizzle salmon with sauce from pan and garnish with chopped herb. *If using Lucky Lime & Sea Salt with your filet, pair with cilantro. If using Fiery Sweet Mesquite with your filet, pair with parsley.*

Serves one.

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