

HONEY- GLAZED SALMON



Serves 6 | Prep time: 15 mins (excluding marinating time)
Cook time: 20 mins

INGREDIENTS

1.2kg salmon side of salmon or
6x salmon fillets

¼ cup honey

2 tbsp extra virgin olive oil

2 garlic cloves, finely crushed

Juice from 1 orange

1 orange, cut into 1cm thick rings

Salt and pepper to taste

Garnish with chives

METHOD

1. Combine honey, oil, garlic, orange juice, salt, and pepper.
2. Line a large baking dish with baking paper. Place salmon on the baking tray and top with orange rings. Pour over the marinade. Cover and place in the fridge for 1-2 hours, basting occasionally.
3. Preheat oven to 180°C.
4. Bake for 20 minutes.
5. Garnish with chives.

Serve with roast potatoes and/or salad.



THE NUTRITION GUY



NUTRITION TIP

Salmon is packed with nutrients, including omega-3 fatty acids, protein and selenium. The National Heart Foundation recommends we aim for two serves of oily fish, like salmon, twice a week.