

Honey Soy Salmon

Submitted By: Beatrix Murphy Time: 30 min.

Instructions

1. Season the salmon with salt & pepper. Heat a little olive oil in a nonstick skillet over medium-high heat and place the salmon, skin side down in the pan.
2. Cook for 5 minutes on the first side, being careful not to burn the surface. Carefully flip to the other side and cook for another 2 minutes. Remove the salmon to a clean plate.
3. Add the butter, honey, soy sauce, and juice from the 2 limes. Stir and cook over medium heat for a couple of minutes, until the glaze is thick. Cook if for another minute or two if you like the glaze very thick.
4. Place the salmon back into the skillet and spoon the sauce all over the top. Stir together cooked rice with a little lime juice (and zest, if you'd like.)
5. Serve the salmon over the rice, spooning on extra sauce. Sprinkle with chopped cilantro, add a lime wedge.

Notes:

Ingredients

2 whole Salmon Fillets
Salt And Pepper,
Olive Oil For Cooking
2 Tablespoons Butter
3 Tablespoons Honey,
3 Tablespoons Low Sodium Soy
Sauce
2 whole Limes
Cilantro.
Cooked rice for serving