



**SERVES: 4**

**SPAR**

**BETTER CHOICES**  
Eat well, Live better

**PREPARATION TIME:** 30 minutes

**INGREDIENTS:**

- 4 (170 g each) salmon fillets, patted dry with a paper towel
- 3 tablespoons extra-virgin olive oil
- 1 lemon, sliced into rounds
- 40 g honey
- 3 garlic cloves, minced
- 30 ml soy sauce
- Freshly ground black pepper
- 2 tablespoons lemon juice
- Kosher salt, to taste
- 1 teaspoon red pepper flakes

**METHOD:**

1. Whisk together 2 tablespoons lemon juice, honey, 1 teaspoon red pepper flakes, and soy sauce in a medium bowl.
2. Preheat 2 tablespoons of oil in a skillet. Once hot, add in salmon in a way that skin-side remains up and season with pepper and salt, to taste. Cook each side for about 6 minutes, until deeply golden. Add remaining oil, if needed.
3. Sauté garlic in a skillet for just a minute, then add in sliced lemons and honey mixture. Stir and cook for few minutes, until sauce is reduced by third.
4. Baste fillets with honey-garlic sauce and garnish with lemon slices. Serve and enjoy!

**NOTES:**

You can also bake salmon in the oven for about 12-15 minutes, basting it with the sauce from time to time.  
It is a great high protein dish perfect for protein diets.

**ENJOY!**