

## Honey Glazed Lemon and Ginger Baked Salmon

Makes 4 Servings

Preparation: 10 min, Cook Time: 20 min

Recipe: by Greg Strahm, *The Silver Chef* adapted from *Grab The Mangos*

Source: <https://grabthemangos.com/lemon-ginger-healthy-baked-salmon/>

*Although the original recipe from grabthemangos.com is very good, and I recommend you give it a try, I made a few minor tweaks to suit my own tastes.*



**4 salmon filets, skin on or off**  
**1/2 cup fresh lemon juice**  
**2/3 cup honey**  
**3 large cloves fresh garlic, finely minced**  
**1 tablespoon grated fresh ginger**

**2 teaspoons chili powder**  
**1 heavy pinch ras el hanout**  
**2 heavy pinches smoked paprika**  
**kosher salt and freshly ground black pepper,**  
**or to taste**

- 1) In a mixing bowl, combine the lemon juice, 1/3 cup honey, freshly grated ginger, minced garlic, and spices, and whisk together thoroughly.
- 2) Lay your salmon fillets on a baking sheet lined with parchment paper or aluminum foil.
- 3) Pour half the marinade over salmon, cover, and put in the refrigerator to marinate for 15-30 minutes.
- 4) Take salmon out of the refrigerator and set it on the counter to come to room temperature.
- 5) Preheat your oven to 425° F.
- 6) Bake for 15-18 minutes or until internal temperature reaches 115° F. While salmon is baking add remaining honey to remaining marinade to create a slightly thick glaze.
- 7) Remove salmon from oven and turn broiler on. While broiler is heating up, brush salmon with the thickened lemon ginger glaze. Place under broiler until glaze is browned and internal temperature of salmon is 120° F for rare, 125°-130° F for medium rare, 135°-140° F. for medium.
- 8) Remove from broiler and serve on a bed couscous.