

Main

Caramelized Honey Dijon Salmon



Ready in **30 minutes**

Serves: 4-6

Ingredients

- 1 large filet of salmon about two pounds
- ½ cup of organic honey
- 1 Tbsp real maple syrup
- 1 Tbsp dijon mustard
- 1 lemon
- fresh rosemary
- Lemon and rosemary for garnish
- salt

Preparation

1. Line a baking dish with parchment paper.
2. Put salmon on a baking dish, skin side down, lightly salt.
3. Mix honey, maple syrup, mustard and juice from ½ lemon. Pour over salmon.
4. Top with sprigs of rosemary
5. Bake at 400° for 20-22 minutes until firm to touch, and still pink in the middle.
6. Broil for 1-2 minutes until honey browns and caramelizes. Remove from the oven and let sit for 5 minutes. It will continue to cook while resting.
7. Garnish with sliced lemons and fresh rosemary. Serve immediately

Tips

Use whole grain mustard for more texture or spicy mustard for a little kick.

Spiritual message from this recipe

The definition of food is anything nutritious that is ingested. This is real food and serves as medicine for your body and spirit.