

heute gibt es...

Honey Garlic Salmon



Ingredients: (For 4 people)

- 45g Butter
- 4 tablespoons of honey
- Juice of half a lemon
- 2 garlic clove
- 4 Lachsfilets to 125g
- sea-salt
- Lemon slices for serving

Preparation:

1. Oven (at 180 ° C Top / Bottom heat - Preheat if available with grill).
2. Put the butter in a oven proof skillet and melt over medium heat, stirring for about 3 minutes until it foams slightly and eventually turn brown gold.
3. Now, honey, lemon juice and small diced garlic, mix everything well and simmer for about 1 minute, so that the garlic smell is quite noticeable.
4. Then remove half the liquid and set aside for later.
5. Add the salmon fillets to the butter and fry for 4 minutes on one side. If your fillets still have a skin, the skin should be down.
6. The fillets turn and finish cooking with the pan for 6 minutes in the oven. For example, if you should have any oven proof pan, use a baking dish.
7. salt lightly finally the fish, with the liquid (see step 4) Pour and serve with lemon wedges.