

## RECIPE



# FIVE-INGREDIENT HONEY MUSTARD SALMON

4 SERVINGS



### INGREDIENTS

4 wild caught salmon fillets

1 clove garlic, chopped

4 tbsp. Dijon mustard

4 tbsp. honey

1 tbsp. soy sauce (or coconut aminos)

Salt and pepper to taste

1 tbsp. olive oil

Chopped parsley for garnish, optional

### INSTRUCTIONS

- ① Wash hands with soap and water.
- ② Pat the salmon dry with a clean paper towel. Season with salt and pepper. Wash hands with soap and water.
- ③ Gently rub garlic under cold running water.
- ④ In a small bowl, whisk together the garlic, Dijon, honey, soy sauce, salt and pepper until smooth. Set aside.
- ⑤ In a nonstick skillet, heat oil over medium-high heat. Cook salmon fillets, skin side up, for 5 minutes. Flip the fillet and cook for another 4 minutes, or until internal temperature reaches 145°F on food thermometer.
- ⑥ On the last minute, brush the honey mustard mixture evenly over the salmon fillets. Serve salmon with greens, rice and any remaining honey mustard sauce. Enjoy!

\* **NOTE:** If using fresh parsley, rinse under cold running water before chopping.

RECIPE COURTESY OF [ASassySpoon.com](http://ASassySpoon.com).

This recipe was developed using the Safe Recipe Style Guide at [SafeRecipeGuide.org](http://SafeRecipeGuide.org).

Learn more about food safety at [StoryOfYourDinner.org](http://StoryOfYourDinner.org).

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