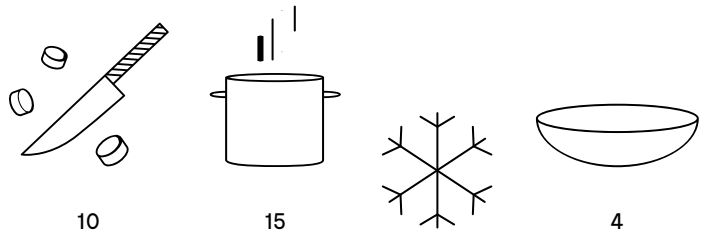




Honey Baked Salmon

Fish Friday... look no further. This quick and easy dish will have you buzzing back in no time.



Ingredients

4 boneless salmon fillets
2 tbsp unsalted butter - melted
2 cloves minced garlic
2 tbsp The Groovy Food Organic Fine Blossom Honey
½ tsp dried parsley - (or 2 tsp fresh parsley, finely chopped)
¼ tsp salt
¼ tsp pepper
pinch of paprika
1 lemon sliced into half-moons

Directions

1. Preheat the oven to 200C/400F. Line a baking tray with foil or a silicon mat.
2. Place the salmon fillets, skin-side-down on the baking tray.
3. In a small bowl, mix together the melted butter, garlic, honey, parsley, salt, pepper and paprika.
4. Pour the mixture over the salmon fillets (don't worry about any of the sauce pooling on the tray).
5. Arrange the lemon wedges on and around the salmon.
6. Place in the oven and bake for 8 minutes.
7. Open the oven and baste the salmon with any of the sauce that has pooled on the tray. Bake for a further 4-7 minutes until the salmon is tender.
8. Serve with your favourite potatoes and green veg or salad.