

# SallyBee



Campaigning for people to "Season with Sense"



## HONEY & CHILLI BRAISED SALMON

 **Prep:** 10 minutes

 **Cook:** 15 minutes

 **Serves:** 2

### INGREDIENTS:

- Drizzle olive oil
- 1 clove garlic, crushed
- 2 tablespoons runny honey
- Splash water
- Sprinkle **LoSalt**
- Black pepper
- 1 teaspoon smoked paprika
- Pinch dried chilli flakes
- Pinch dried italian herbs
- 1 lemon
- 2 salmon fillets

### METHOD:

1. Start by adding a drizzle of olive to a hot frying pan over a medium heat and added the crushed garlic.
2. Next add 2 tablespoons runny honey and a splash of water.
3. Now add a pinch of **LoSalt**, black pepper, 1 teaspoon smoked paprika, a pinch of dried Italian herbs, and dried chilli flakes along with the juice from 1 lemon.
4. Turn the heat to low and add the salmon fillets, skin side up and cook for 6-8 mins.
5. Add 2 slices of lemon and turn the salmon over. Cook for another 5-6 mins until cooked through.
6. Serve with veggies or a big juicy salad.