



SWEET AND SAVORY SALMON

SERVINGS: 4-6 | PREP TIME: 15-30 MINS | COOK TIME:

- In a large ziplock bag, combine honey, soy sauce, rice vinegar, sesame oil, ginger, garlic, green onion, red pepper, pepper and salt. Zip shut and shake to combine.
- Add salmon filets, zip and make sure salmon is covered in marinade. Set in the refrigerator for 15-30 minutes, turning once or twice to evenly distribute marinade.
- Preheat oven to 375 degrees F. Line a baking sheet with heavy-duty foil.
- Remove salmon from marinade, place onto the prepared baking sheet and fold up all four sides of the foil. Pour the marinade over the salmon. Pinch the sides of the foil shut over the salmon, covering completely and sealing the packet closed but leaving a little space at the top.
- Place in oven and bake until cooked all most through, about 15-20 minutes. Remove and open the packet. Turn on broiler (don't worry about preheating it) and broil for 2-3 minutes, or until caramelized and slightly charred.
- **FREEZER MEAL INSTRUCTIONS:**

To freeze: Complete step 1, preparing marinade in ziplock bag and then adding salmon. Squeeze all air out of bag and seal. Freeze immediately.

To prepare: Thaw in the refrigerator or using the cool water method. (Submerge sealed freezer bag in cold water until thawed, replacing water every 30 minutes.) Then cook immediately according to directions (steps 2-5). Cooking note: It's advised to cook the thawed salmon immediately, so that the marinade doesn't break down the fish and cause it to become mushy.

- ¼ cup honey
- 2 TBSP. reduced-sodium soy sauce
- 1 tablespoon rice vinegar
- 1 TBSP. sesame oil
- 1 TBSP. freshly grated ginger
- 3 cloves garlic, minced
- 1 TBSP. thinly sliced green onion, plus more for garnish
- ¼ tsp. red pepper flakes
- ¼ tsp. black pepper
- ¼ tsp. salt
- 1 ½ pounds salmon