



## Honey Glazed Salmon

### Ingredients:

- 4 salmon filets
- Kosher salt and freshly ground black pepper, to taste
- 4 tablespoons all-purpose flour
- 4 tablespoons honey
- 2 tablespoons olive oil
- Zest of 1 lime
- FOR THE BROWNED BUTTER LIME SAUCE
- 6 tablespoons unsalted butter
- 2 cloves garlic, pressed
- 1 tablespoon honey
- Juice of 1 lime
- Kosher salt and freshly ground black pepper, to taste

### Instructions:

Preheat oven to 400 degrees F.

To make the browned butter lime sauce, melt butter in a medium saucepan over medium heat. Cook, whisking constantly, until the foam subsides and the butter begins to turn a golden brown, about 3 minutes. Stir in garlic, honey and lime juice, salt and pepper, to taste; set aside.

Season salmon with salt and pepper, to taste. Dredge each salmon filet with 1 tablespoon flour and drizzle with 1 tablespoon honey.

Heat olive oil in a large oven-proof skillet over medium high heat. Working in batches, add salmon to the skillet and sear both sides until golden brown, about 1-2 minutes per side.

Place into oven and bake until completely cooked through, about 8-10 minutes. Serve immediately with browned butter lime sauce and lime zest, if desired.

