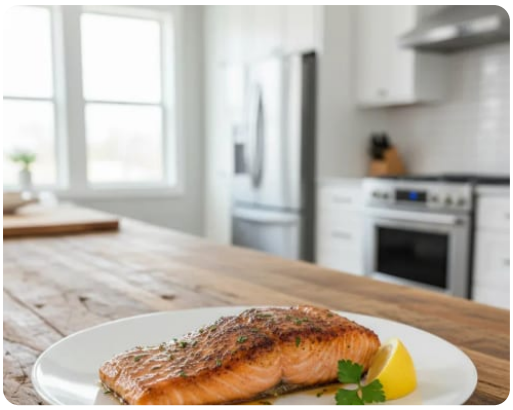


Treasure Barrel

Cajun Honey Butter Salmon – Easy Cozy Classic

10 min Prep time	**15 min** Cook time	**25 min** Total time
4 Servings	**Easy** Difficulty	**Cajun** Cuisine

Ingredients

Main Ingredients

- [ ] 4 (6-oz) salmon fillets, skin on
- [ ] 2 tbsp Cajun spice blend
- [ ] 1 tbsp olive oil

For the Honey Butter Glaze

- [ ] 3 tbsp unsalted butter, softened
- [ ] 2 tbsp raw honey
- [ ] 1 tsp fresh lemon juice
- [ ] 1 tbsp chopped fresh parsley

Instructions

1. Pat the salmon fillets dry, sprinkle both sides with the Cajun spice blend, and let rest for 5 minutes.
2. Heat olive oil in a large skillet over medium-high heat; place salmon skin-side down and sear 4-5 minutes until the skin is crisp.
3. Flip the salmon, add the butter, honey, and lemon juice; gently swirl the pan, letting the sauce coat the fish for another 3-4 minutes.
4. Remove from heat, sprinkle chopped parsley, and serve immediately with your favorite side.

Nutrition per serving

420 kcal	38 g	12 g	22 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the pan gets too hot, lower the heat to prevent the honey from caramelizing too quickly.
- Feel free to drizzle extra honey at the table for those who prefer more sweetness.
- A quick squeeze of fresh lemon right before serving sharpens the buttery glaze.