

Treasure Barrel

Honey Baked Salmon - Sweet & Savory

15 min Prep time	**20 min** Cook time	**35 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 4 (6-oz) salmon fillets, skin on
- [ ] 2 tbsp honey
- [ ] 2 tbsp unsalted butter, melted
- [ ] 1 tbsp Dijon mustard
- [ ] 1 tbsp fresh lemon juice
- [ ] 1 tsp fresh thyme leaves
- [ ] Salt and freshly ground black pepper to taste

Instructions

1. Preheat the oven to 425°F (220°C). Line a baking sheet with parchment; place the salmon fillets skin-side down.
2. In a small bowl, whisk together honey, melted butter, mustard, and lemon juice until smooth.
3. Season the salmon lightly with salt and pepper, then brush each fillet generously with the honey glaze.
4. Bake for 12-15 minutes, until the salmon flakes easily and the glaze turns a golden caramel. If the glaze darkens too fast, tent with foil.
5. Remove from oven, sprinkle fresh thyme over the top, and let rest 2 minutes before serving.

Nutrition per serving

420 kcal	32 g	24 g	22 g
Calories	Protein	Carbs	Fat

> **Tips & notes**
> - If you prefer a deeper caramel note, add a pinch of brown sugar to the glaze.
> - For a lighter version, substitute half of the butter with extra-virgin olive oil.
> - Serve immediately for the best texture; the glaze softens if left too long.