

Treasure Barrel

Salmon Marinade Recipe – Easy Flavorful Fish

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

Ingredients

Main Ingredients

- [ ] 4 (6-oz) salmon fillets, skin on
- [ ] 2 tbsp extra-virgin olive oil

For the Marinade

- [ ] 2 tbsp honey
- [ ] 1 tbsp Dijon mustard
- [ ] Zest of 1 lemon
- [ ] 2 tbsp fresh lemon juice
- [ ] 2 tsp finely chopped fresh dill
- [ ] 2 cloves garlic, minced
- [ ] 1/2 tsp sea salt
- [ ] 1/4 tsp freshly cracked black pepper

Instructions

1. In a small bowl, whisk together honey, mustard, lemon zest, lemon juice, dill, garlic, salt, and pepper until smooth.
2. Place the salmon fillets on a shallow dish, drizzle with olive oil, then pour the marinade over, turning to coat both sides. Let sit for 15-30 minutes.
3. Heat a non-stick skillet over medium-high heat. Add a thin splash of oil and lay the fillets skin-side down; cook 4-5 minutes until skin is crisp.
4. Flip the fillets, spoon the remaining glaze over the top, and cook another 3-4 minutes until the flesh flakes easily.
5. Remove from heat, let rest briefly, then garnish with extra dill and a lemon wedge. Serve warm.

Nutrition per serving

350 kcal	30 g	12 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a milder sweetness, reduce honey to 1 tbsp.
- For a smoky note, finish with a quick splash of liquid smoke.
- Avoid over-marinating; the acid can start to ‘cook’ the fish.