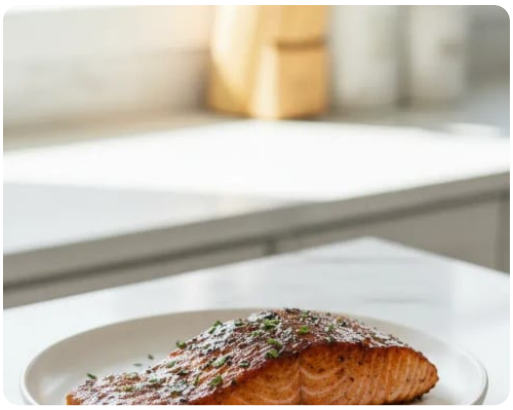


Zucchini Bread Recipes

Cajun Honey Butter Salmon – Easy Healthy Recipe

10 min Prep time	**20 min** Cook time	**30 min** Total time
4 Servings	**Easy** Difficulty	**Cajun** Cuisine

Ingredients

Main Ingredients

- [ ] 4 (6-oz) salmon fillets, skin on
- [ ] 2 tbsp Cajun seasoning
- [ ] 3 tbsp honey
- [ ] 4 tbsp unsalted butter, softened
- [ ] 1 tbsp olive oil
- [ ] 1 tbsp fresh lemon juice
- [ ] Salt and pepper to taste
- [ ] 2 tbsp fresh parsley, chopped

Instructions

1. Pat the salmon dry, season with salt, pepper, and half the Cajun seasoning; let rest while you warm the skillet.



2. Heat olive oil in a non-stick skillet over medium-high; place salmon skin-side down and cook 4-5 minutes until crisp.



3. Flip the fillets, add butter, honey, remaining Cajun seasoning, and lemon juice; swirl gently to coat.



4. Reduce heat to low, spoon the glaze over the salmon for another 4-5 minutes until fish is opaque and glaze thickens.



5 Remove from heat, sprinkle fresh parsley, and serve immediately with your favorite side.



Nutrition per serving

420 kcal	35 g	12 g	25 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the glaze thickens too fast, add a splash of water or extra lemon juice.
- For a crispier skin, press the fillet gently with a spatula while cooking.
- Adjust sweetness by using less honey if you prefer a more savory profile.