

Helergon Kitchen

Cajun Honey Butter Salmon – Easy One-Pan Dinner

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

Ingredients

Main Ingredients

- [ ] 4 salmon fillets (6-oz each), skin on
- [ ] 2 tbsp Cajun seasoning
- [ ] 2 tbsp honey
- [ ] 2 tbsp unsalted butter, softened
- [ ] 1 tbsp olive oil
- [ ] Juice of 1/2 lemon
- [ ] 2 tbsp fresh parsley, chopped

Optional Side

- [ ] 1 cup quinoa or steamed rice
- [ ] Steamed asparagus spears

Instructions

1. Preheat the oven to 425°F (220°C). Line a sheet pan with parchment or foil for easy cleanup.
2. Pat the salmon dry, brush lightly with olive oil, then sprinkle the Cajun seasoning evenly on both sides.
3. In a small saucepan, melt the butter over low heat, stir in honey and lemon juice, and whisk until smooth; set aside.
4. Place the seasoned salmon fillets skin-side down on the pan, spoon half the glaze over each piece, and bake for 12-15 minutes, until the fish flakes easily.
5. Remove from oven, drizzle the remaining glaze, garnish with fresh parsley, and serve immediately with your favorite side.

Nutrition per serving

420 kcal	18 g	22 g
Calories	Carbs	Fat

Tips & notes

- If you prefer a spicier dish, add a pinch of cayenne to the Cajun rub.
- For extra caramelization, broil for the last 2 minutes, watching closely.
- The glaze can be reheated gently on the stovetop if needed.