

Helergon Kitchen

Salmon Marinade Recipe

A bright, herby salmon glaze that brightens any quick dinner, ready in minutes.

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

Ingredients

Main Ingredients

- [ ] 4 salmon fillets (about 6 oz each)
- [ ] 2 tbsp olive oil
- [ ] 1 tsp sea salt
- [ ] ½ tsp black pepper

For the Marinade

- [ ] ¼ cup fresh lemon juice
- [ ] 2 tbsp honey
- [ ] 2 tbsp tamari
- [ ] 2 cloves garlic, minced
- [ ] 1 tbsp fresh dill, chopped
- [ ] 1 tbsp fresh parsley, chopped
- [ ] ½ tsp red pepper flakes (optional)

Instructions

1. Pat the salmon fillets dry, then place them in a shallow dish.
2. In a bowl, whisk together lemon juice, honey, tamari, olive oil, garlic, dill, parsley, and red pepper flakes.
3. Pour the glaze over the salmon, turning to coat both sides; let sit for 10-15 minutes.
4. Heat a large skillet over medium-high heat; add a splash of oil and place salmon skin-side down.
5. Cook 4-5 minutes until the skin is crisp, then flip and cook another 3-4 minutes, basting with remaining glaze.
6. Remove from heat, squeeze a fresh lemon wedge over the top, and serve immediately.

Nutrition per serving

380 kcal	35 g	12 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the glaze thickens too much, whisk in a teaspoon of water.
- For extra crispness, press the salmon gently with a spatula while searing.
- Season with a pinch of smoked paprika for a subtle depth.