

# CAJUN HONEY BUTTER SALMON

SERVINGDUMPLINGS.COM

COOK TIME: 20 mins

SERVES: 4

CALORIES: 529 kcal (PER SERVING)

## INGREDIENTS

### \*CAJUN SALMON

1 pound/450 g salmon fillets, skinless

1 tbsp olive oil

2 tsp each: Italian seasoning, cajun seasoning

½ tsp each: salt, black pepper, red pepper flakes

### \*GARLIC BUTTER + SPICY HONEY

1 tbsp olive oil

3 tbsp unsalted butter

6 garlic cloves, grated

1 cup/240 ml chicken or vegetable broth

3.5 oz/100 g frozen peas

2 tbsp lemon juice

3 tbsp honey

3 tbsp chili oil

chopped chives, for serving

## DIRECTIONS

Pat the salmon fillets dry, cut crosswise into two parts. Season both sides with salt, pepper, red pepper flakes, Cajun and Italian seasoning. Drizzle with oil and set aside.

Grate the garlic cloves. Combine honey and chili oil in a small bowl.

Heat oil and butter in a non-stick skillet over medium high. Add salmon and sear, 2 minutes per side. Remove from skillet. Reduce the heat to medium low and add garlic. Cook for 1 minute. Deglaze the skillet with chicken broth, bring to a boil and simmer for 2 minutes. Stir constantly while scraping up the brown bits on the bottom of your skillet with a wooden spoon.

Add green peas and cook for 2 minutes. Add salmon back to the skillet. Drizzle with spicy honey and simmer for 3 minutes over low. Sprinkle with lemon juice and chives. Top with some red pepper flakes and freshly ground black pepper. Serve with a crunchy cucumber salad and steamed rice. Enjoy!

Thanks for making! ... And if you love these recipes please consider supporting me by becoming a Cooking Club Member or just buy me a coffee.