

Honey Garlic Salmon: A Sweet and Savory Weeknight Star

When it comes to weeknight dinners that are equal parts delicious and effortless, this



OVEN
375°F

TIME
30 min

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INGREDIENTS

- ? 4 salmon fillets (skin-on or skinless)
- ? Salt and freshly ground black pepper (to taste)
- ? ... cup honey
- ? 2 cloves garlic, minced
- ? 2 tablespoons olive oil

DIRECTIONS

1. Preheat the oven to 375°F (190°C). Line a baking dish or sheet pan with foil or parchment for easy cleanup.
2. Season salmon fillets with salt and pepper on both sides.
3. Mix the glaze: In a small bowl, whisk together honey, minced garlic, and olive oil until well combined.
4. Coat the salmon: Place salmon in the prepared dish and spoon the glaze evenly over each piece.
5. Bake for 15-20 minutes, or until the salmon is cooked through and flakes easily with a fork. The glaze should bubble and lightly caramelize.

SWAPS & NOTES

: sweet, salty, garlicky, and beautifully glazed.

Balanced flavor : Sweet honey meets savory garlic and rich salmon.

No special tools : One bowl, one pan, zero stress.

Butter instead of olive oil adds richness (use unsalted).

TIPS FOR SUCCESS

Avoid overcooking : Salmon continues to cook a bit after it comes out of the oven.

Pull it at 135°F internal temp for perfect doneness.

Marinate if you have time : Letting the salmon sit in the glaze for 15-30 minutes before baking adds even more flavor.

Use foil or parchment : This helps keep the glaze where it belongs-on the fish, not stuck to your pan. ?

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/honey-garlic-salmon-a-sweet-and-savory-weeknight-star/>