



**Delicious
Recipes**

*Powered by
Natural Gas*

Honey Lemon Salmon With Brussels Sprouts

INGREDIENTS

1 lb Brussels sprouts trimmed and halved
2 tbsp extra virgin olive oil
Salt and pepper to taste
1 tbsp lemon juice
¼ cup sliced almonds
2 tbsp pine nuts
2 tbsp parmesan cheese
4 6- ounce skinless salmon filets

For the Salmon:

¼ cup honey
1 lemon zested and juiced
1 tbsp soy sauce
½ tsp garlic powder
1 tbsp olive oil
Lemons wedges for serving
Chopped flat leaf parsley for serving

DIRECTIONS

1. Heat a large cast iron skillet on high for 4 minutes. Add the oil, followed by Brussels sprouts. Stir gently with a spatula until evenly spread. Let sit completely undisturbed for 5 to 8 minutes, until they develop a dark, tasty, caramelized sear.
2. Sprinkle salt and pepper and begin stirring the Brussels sprouts until the Brussels sprouts are browned all over.
3. Once ready, remove from the heat and pour lemon juice, followed by almonds and pine nuts. Let the residual heat of the skillet toast the nuts and as soon as they turn a golden brown, transfer the sprouts to a serving plate.
4. Meanwhile, In a small bowl, whisk together the honey, lemon zest, lemon juice, soy sauce, and garlic. Set the glaze aside.
5. Heat the olive oil in a large skillet over medium-high heat. Season salmon with salt, pepper and place the salmon presentation side down, and cook for 4-5 minutes.
6. Carefully flip the salmon and continue cooking for 1 more minute.
7. Pour the honey lemon glaze over the salmon filets in the pan. Allow the glaze to bubble and thicken for about 3-4 minutes, spooning it over the filets as it thickens.
8. Once ready, serve immediately, next to the brussel sprouts drizzling any remaining glaze from the pan over the filets. Garnish with lemon wedges, fresh parsley and serve.