



WILDFLOWER HONEY-GLAZED SALMON

OREGON
Growers®

- FARM DIRECT SPECIALTY FOODS -

PREP TIME

20 minutes

COOK TIME

10 minutes

SERVES

4 ppl

INGREDIENTS

SPECIAL EQUIPMENT: Spiralizer tool	2 medium zucchini
1.5 lb piece of Wild salmon, pin-bones removed	1 red onion
8 T. Oregon Growers Wildflower Honey, extra for drizzling S and P	1 lemon, sliced
	2 T. Rice bran or coconut oil, melted
	1 T. rice vinegar

PREPARATION

1. Preheat oven to 400 degrees F.
2. Carefully cut the salmon into 4 portions and add to parchment-lined sheet pan. Drizzle the salmon with the honey, and season with S and P.
3. Meanwhile, cut the ends off of the zucchini, and put both into a spiralizer to make zucchini "noodles."
4. Cut the red onion in half, and slice both halves into thin 'half-moons.'
5. Add the zucchini, onions, and lemon slices to the other half of the baking sheet and drizzle with the oil and season with S&P.
6. Add baking sheet to the oven, and cook for 8-10 minutes, until the salmon is just cooked.
7. Place the vegetables onto the plates, drizzle with the rice vinegar, and top with the salmon. Add the roasted lemons on top of the salmon and drizzle the plate with some extra wildflower honey and S&P to taste.