

Grilled Salmon with Honey Mustard Sauce

Serve 1

Equipment Needed

Saucepan
Cutting board
Knife
Measuring cup and measuring spoon
Spoon for stirring
Small bowl for mixing the sauce
Baking dish id baking the salmon or plate for preparing salmon for the grill

To Make The Recipe:

3 - 4 oz (84 -112 g) raw salmon fillet
1 tsp lemon juice
Season with sea salt and pepper
1 tbsp yellow or Dijon mustard
1 tsp extra virgin olive oil
1 tbsp lemon juice
1 tsp raw honey
1 tsp dried dill weed or 1 tbsp fresh
1 cup asparagus, steamed

Preheat grill or oven to 375 F. Rinse fillet with cold water. Squeeze 1 tsp lemon juice over fillet and season to taste. To make the sauce, mix mustard, honey, olive oil, dill and 1 tablespoon lemon juice. Grill the fish on high heat or place in a baking dish and bake 20 minutes or until salmons is cooked. Remove for the oven and place on a place with the steamed broccoli. Pour sauce over the salmon and asparagus and serve.