



Honey Dijon Crusted Salmon

EASY • 25 MINS

Flaky salmon topped with a golden, honey-Dijon crust that bakes to perfection in minutes. Capilano Manuka Honey MGO30+ brings natural sweetness, making this an effortless weeknight favourite that tastes restaurant-ready.



SKILL LEVEL
Easy

PREP TIME
10 mins

COOKING TIME
15 mins

SERVINGS
6

Ingredients

- 900g salmon fillet (or 6 individual fillets)
- 2 tbsp Dijon mustard

Method

1. Preheat oven to 200°C. Line a baking tray with baking paper.

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- 1 tbsp wholegrain mustard
- 2 tbsp **Capilano Manuka Honey MGO30+**
- 2 clove garlic, finely minced
- ½ cup panko breadcrumbs
- 2 tbsp fresh parsley, finely chopped
- 2 tbsp olive oil
- Salt & pepper, to taste
- Lemon wedges, to serve
- Leafy greens, vinegar, extra virgin olive oil, and salt (optional, to serve)

Method

2. In a small bowl, mix Dijon mustard, wholegrain mustard, Capilano Pure Honey, garlic, and a pinch of salt.
3. In another bowl, mix breadcrumbs, parsley, olive oil, salt, and pepper until it looks like damp sand.
4. Place salmon fillets skin-side down on the tray. Brush tops with the honey-Dijon marinade. Sprinkle breadcrumb mixture evenly over the glaze, pressing gently to stick.
5. Roast for 12–15 minutes (depending on thickness), until salmon flakes easily with a fork and the crust is golden brown.
6. Squeeze fresh lemon over the top. Serve with mixed greens!

Used in this recipe



Active Manuka Honey

Nature's Sweet Superfood

Made by some of the world's healthiest bees* this special blend of Australian Manuka and floral honey is independently tested and certified to contain a minimum of 30mg of Methylglyoxal (MGO), the key compound that makes Manuka so special. The higher the MGO, the more potent the honey's activity.

Delicious Taste

Australia produces some of the most potent, best tasting Manuka honey in the world due to our warm climate and diverse number of *Leptospermum* (Manuka) varieties. Capilano's premium, bioactive Manuka honey has a rich, smooth, caramel taste.

Boost your Daily Health Routine

Squeeze the bioactive goodness of Capilano Active Manuka honey into your daily cup of tea, coffee, smoothies, yoghurt or cereal, or simply enjoy by the spoonful.

*Vella, G. 2016. Issue 215. CSIRO.

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