

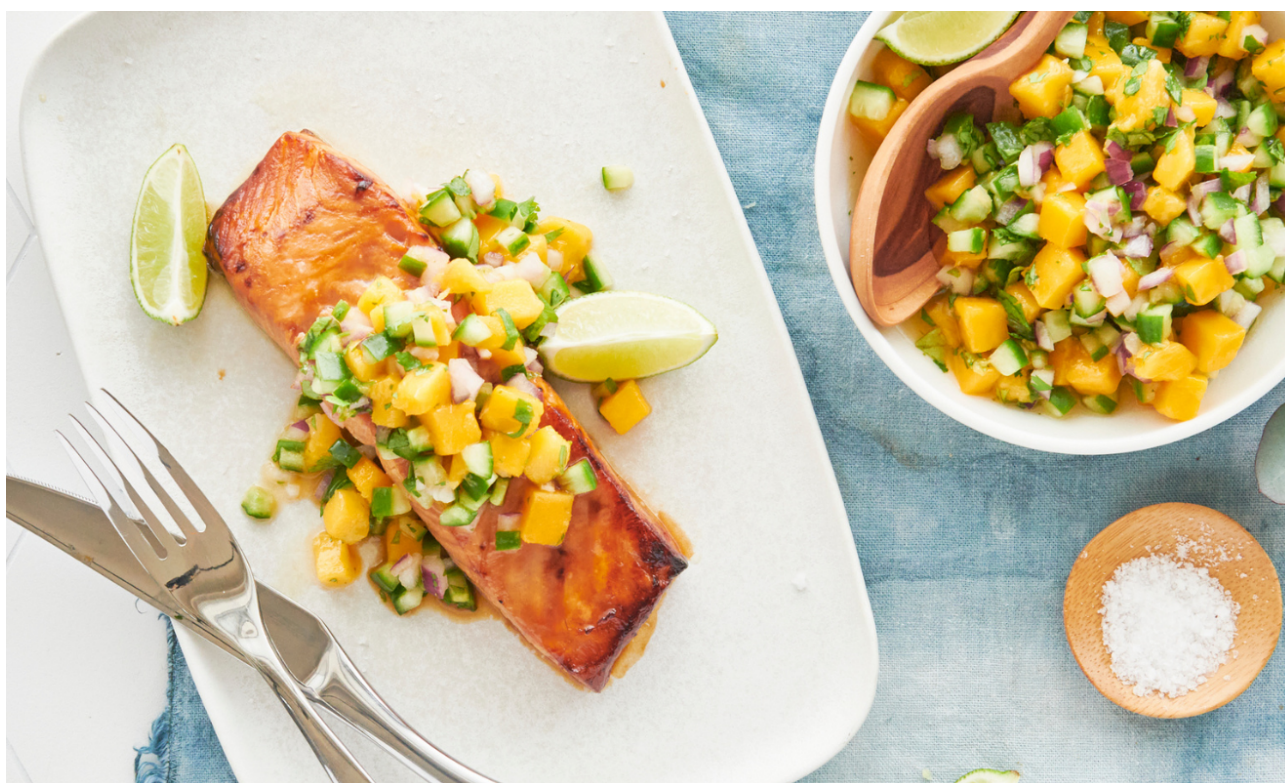


Honey-Lime Salmon with Mango Salsa

EASY · 17 MINS

Meet your new go-to warm-weather recipe, Honey-lime salmon (complete with fruity mango salsa!). This trio of flavours is a summer dream when combined with the the lingering sweetness of Capilano Honey. A staple for BBQs, parties and quick-throw-together dinners.

Scroll to the end for ways to cook this recipe in the air-fryer or on the BBQ!



SKILL LEVEL
Easy

PREP TIME
10 mins

COOKING TIME
7 mins

SERVINGS
4

Visit capilano.com.au to learn how to swap honey for sugar in your recipes.

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Ingredients

Salmon

- 4 x 180g skinless salmon fillets
- ¼ tsp fresh crushed chilli
- 3 tbsp **Capilano Organic Raw Honey**
- 1½ tbsp lime juice
- 2 tbsp soy sauce
- 2 tsp vegetable oil.

Mango Salsa

- Juice of 1 lime
- 1 tbsp **Capilano Organic Raw Honey**
- 1 tsp oil
- ¼ tsp salt
- 1 mango, small diced
- ½ red onion, small diced
- 2 Lebanese cucumbers, seeded and small diced

Method

1. In a small bowl, whisk honey, lime juice, soy sauce, and oil.
2. Place salmon into a zip-lock bag and pour marinade mixture over the top. Massage mixture into salmon and place into refrigerator to marinate for 30 minutes.
3. While salmon is marinating, make mango salsa. In a medium bowl, whisk lime juice, honey, oil, and salt.
4. Add diced mango, onion, cucumbers, and chopped coriander and mix well. Store in refrigerator until ready to serve.
5. Preheat air fryer at 200°C for 5 minutes.
6. Remove salmon from marinade (reserve marinade sauce) and place into air fryer. Cook at 200°C for 4 minutes.
7. Baste salmon with marinade and cook for a further 3 minutes. Serve hot with mango salsa.
8. Pan Roasted: Heat a large non-stick frypan over medium-high. Add 1 tbsp olive oil to pan and add salmon fillets (drained of marinade). Cook for 4 minutes, or until golden. Turn salmon, baste with extra marinade, and cook for a further 1-2 minutes (or until salmon is opaque).
9. Oven Baked: Preheat oven to 180°C (fan-forced). Bake marinated salmon for 12 minutes, basting with extra marinade half-way through.
10. BBQ: Preheat BBQ on medium. Drain salmon from marinade and add to grill. Cook for 2-3 minutes each side. Set aside to rest for 5 minutes.

Used in this recipe



ORGANIC RAW HONEY

Smooth, sweet and fragrant, Capilano Organic Raw Honey is made by Aussie bees that have foraged native eucalypt and ground flora in Australia's pristine national parks and forests.

Discover a Premium Taste

Perfectly pure, this honey is delicious drizzled on toast, cereal, tea, smoothies and yogurt.

Australian Certified Organic

This exceptional honey has been hand harvested by Aussie beekeepers from hives located within a 5km organic foraging radius and carefully packed to organic specifications.

Make the Sweet Switch

Visit capilanothoney.com.au to learn how to swap honey for sugar in your recipes.

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Honey tastes twice as sweet as sugar, so you need less in your baking, drinks and savory recipes. Learn more about how to swap Capilano for sugar in your recipes [here](#).

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