

Honey Balsamic Pan Seared Salmon – Hazel Blue Acres

olive oil

1-2 salmon fillets

salt & pepper to taste

¼ cup balsamic vinegar

2 tbsp. raw honey

1 tsp. red pepper flakes

Preheat a large skillet (cast iron works well) over medium/high heat. Add a small amount of olive oil to coat the pan.

Sprinkle the salmon fillets with salt & pepper to taste and place in the preheated skillet. Cook 2-3 minutes on each side.

Mix together the balsamic vinegar, honey and red pepper flakes. Pour this mixture over the seared salmon and bring to a low boil.

Reduce the heat and continue cooking until the balsamic mixture has thickened and taken on a syrup-like consistency.

Remove the fillets from the pan.

Plate the salmon with your favorite sides. Drizzle the remaining balsamic reduction over the plated salmon and serve!