



BOURBON MAPLE GLAZED SALMON

🕒 15 minutes
🍴 3 servings

PREP THE SALMON

1. Cut into Fillet Strips

Rinse the salmon in cold water and then cut it into fillet strips of desired thickness.



2. Pat the Strips

Pat the salmon dry with paper towels.



3. Season the Strips

Season the surface of the salmon with the spices packet. Set aside.

FRY IT

4. Fry the Strips

Heat up an oven-safe skillet on high heat and add the olive oil. Pan-fry the salmon, skin side down first, for about 1 minute. Turn the salmon over and cook for 1 minute. Turn it over again so the skin side is at the bottom.

BROIL IT

6. Broil

Finish it off by broiling the salmon in the oven for 1 minute or until the surface becomes slightly charred.



7. Garnish & Serve

Garnish with parsley and serve immediately, with cooked rice and squash.

5. Add the flavours

Add the garlic to the pan, sauté until slightly browned. Then, using a cooking brush, slather the Bourbon Maple Dark balsamic over the surface of the salmon.

