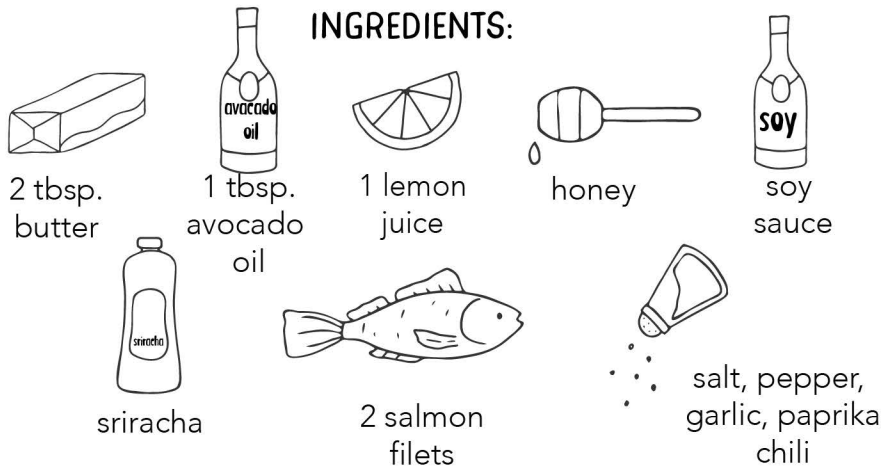




SWEET AND SPICY SALMON



INGREDIENTS:



DIRECTIONS:

Mise en place

- Wash , clean, and de-bone salmon
- Mix together sriracha, lemon juice, soy sauce, honey and paprika
- Juice one lemon

1. Dry salmon completely after washing
2. Add all seasonings to both sides of salmon
3. Add avocado oil to a large pan on high heat, once hot, drop salmon skin side down and cook for 3 minutes
4. When skin will crisp up on edges then flip over and cook 3 minutes more
5. Add 2 tbsp. of butter and while it melts baste the salmon with butter then flip over so skin side is down
6. Pour sauce all over, baste salmon and let it cook until it's a glaze

servings: 2