

Choco Fever Dream

Cajun Honey Butter Salmon – Quick & Easy Recipe

10 min Prep time	**15 min** Cook time	**25 min** Total time
4 Servings	**Easy** Difficulty	**Cajun** Cuisine

Ingredients

Main Ingredients

- [ ] 4 salmon fillets (about 6 oz each)
- [ ] 2 tbsp Cajun seasoning
- [ ] 1 tbsp olive oil
- [ ] 2 tbsp unsalted butter
- [ ] 2 tbsp honey
- [ ] 1 tsp lemon zest
- [ ] 1 tbsp fresh lemon juice
- [ ] Salt to taste
- [ ] Fresh parsley, chopped for garnish

Instructions

1. Pat the salmon dry, then rub both sides with olive oil and Cajun seasoning; let sit for a minute.
2. Heat a large skillet over medium-high heat; place fillets skin-side down and sear 3-4 minutes until crisp.
3. Flip the fillets, add butter and honey to the pan; swirl gently until butter melts and coats the fish.
4. Stir in lemon zest, lemon juice, and a pinch of salt; cook another 2-3 minutes until glaze thickens.
5. Remove from heat, sprinkle with fresh parsley, and serve immediately with your favorite side.

Nutrition per serving

420 kcal	32 g	18 g	22 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer less heat, reduce the Cajun seasoning by half – stuffed salmon offers a milder alternative.
- Butter can brown quickly; keep the heat moderate once added to avoid a burnt flavor.
- For a crisp finish, finish the salmon under a brief broiler for 1 minute.