

One Pan Honey Garlic Salmon with Bok Choy

10 ingredients · 20 minutes · 4 servings



Directions

1. Preheat oven to 510°F (266°C).
2. In a bowl, whisk together the honey, half of the tamari, minced garlic and chili powder. Stir well to mix.
3. Lay salmon across a baking sheet and season with sea salt and black pepper. Use a brush to paint the honey garlic mix onto the fillets.
4. Add bok choy to a large mixing bowl and drizzle with remaining tamari and sesame oil. Toss well. Transfer bok choy to the baking sheet and organize it around the salmon. Place baking sheet in the oven and bake for 7 to 10 minutes or until salmon flakes with a fork and bok choy is starting to char.
5. Remove from oven and sprinkle bok choy with red pepper flakes and sesame seeds. Divide onto plates. Enjoy!

Notes

No Salmon

Any fish fillet will do. Baking time will vary depending on thickness.

No Bok Choy

Use asparagus, green beans or broccoli instead.

Make it on the Grill

Use a grilling basket for the fish and place the bok choy on the grill face down. Cook over medium-low heat.

Leftovers

Store in an airtight container in the fridge for two to three days. Enjoy cold or reheat in the microwave or oven.

Ingredients

- 1 **tblsp** Raw Honey
- 2 **tbps** Tamari
- 3 Garlic (cloves, minced)
- 1 **1/2 tps** Chili Powder
- 1 **1/4 lbs** Salmon Fillet
- Sea Salt & Black Pepper (to taste)
- 4 **cups** Bok Choy (halved)
- 1 **tsp** Sesame Oil
- 1/2 **tsp** Red Pepper Flakes
- 1 **1/2 tps** Sesame Seeds

Nutrition

Amount per serving

Calories	254	Cholesterol	78mg
Fat	11g	Sodium	640mg
Carbs	8g	Vitamin A	3575IU
Fiber	1g	Vitamin C	32mg
Sugar	5g	Calcium	111mg
Protein	31g	Iron	2mg

