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Recipes**

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# Honey Lemon Salmon With Brussels Sprouts

## INGREDIENTS

1 lb brussels sprouts trimmed and halved  
2 tbsp extra virgin olive oil  
salt and pepper to taste  
1 tbsp lemon juice  
¼ cup sliced almonds  
2 tbsp pine nuts  
2 tbsp parmesan cheese  
4 (6 oz) skinless salmon filets

For the salmon:

¼ cup honey  
1 lemon zested and juiced  
1 tbsp soy sauce  
½ tsp garlic powder  
1 tbsp olive oil  
lemon wedges for serving  
chopped flat leaf parsley for serving

## DIRECTIONS

1. Heat a large cast iron skillet on high for 4 minutes. Add the oil, followed by brussels sprouts. Stir gently with a spatula until evenly spread. Let sit completely undisturbed for 5 to 8 minutes, until sprouts develop a dark, tasty, caramelized sear.
2. Sprinkle salt and pepper and begin stirring the brussels sprouts until browned all over.
3. Once ready, remove from the heat and pour lemon juice, followed by almonds and pine nuts. Let the residual heat of the skillet toast the nuts and as soon as they turn a golden brown, transfer the sprouts to a serving plate.
4. Meanwhile, in a small bowl, whisk together the honey, lemon zest, lemon juice, soy sauce and garlic. Set the glaze aside.
5. Heat the olive oil in a large skillet over medium-high heat. Season salmon with salt and pepper, and place the salmon presentation side down, and cook for 4-5 minutes.
6. Carefully flip the salmon and continue cooking for 1 more minute.
7. Pour the honey lemon glaze over the salmon filets in the pan. Allow the glaze to bubble and thicken for about 3-4 minutes, spooning it over the filets as it thickens.
8. Once ready, serve immediately next to the brussels sprouts. Drizzle any remaining glaze from the pan over the filets. Garnish with lemon wedges and fresh parsley to serve.