

Thyme Baked Salmon Fillets with Honey & Garlic

One of the simplest recipes we have created, but golly it's good!

Serves: 2

Prepare: 5 Minutes

Cook: 15 Minutes

Difficulty: easy



Ingredients

- 2 [organic salmon fillets](#)
- 1 clove of garlic, minced
- 1 tbsp olive oil
- 1 tbsp honey
- 1 tbsp white wine vinegar
- 1 tbsp fresh thyme leaves
- sea salt
- freshly ground black pepper

Method

1. Heat the oven to 180°C/160°Cfan/Gas 4 and line a large baking tray with foil leaving enough on all sides to fold over the salmon fillets whilst cooking
2. In a small bowl mix together your honey, garlic, olive oil, white wine vinegar, and thyme. Taste, and season with salt and pepper to your taste
3. Place your salmon fillets on the sheet of foil and fold up all 4 sides to make a bowl shape. Pour your honey mixture all over your salmon and fold up the sides more, joining in the centre to make a closed parcel
4. Place into your oven and bake for 10-15 minutes until cooked through and the salmon fillet flakes easily
5. Serve immediately