

# Honey Mustard Baked Salmon Serves 2

## Ingredients

|     |                    |
|-----|--------------------|
| 4 T | Wholegrain Mustard |
| 2 T | Honey              |
| 2 T | Lemon Juice        |
| 1 t | Lemon zest         |
| 2   | Salmon Fillets     |
| 2 T | Capers, diced      |



## Method

Pre-heat oven to 220°C.

In a small bowl mix, together wholegrain mustard, honey, lemon juice, capers and rind.

Rub the honey mustard mixture over the flesh of the salmon fillets and place flesh side up on an oven tray lined with baking paper.

Bake for 8 - 12 minutes (depending on thickness) until opaque in appearance or until covered with small “white beads” on top.

Transfer salmon to serving plate. Serve with mashed potato and side salad.

## Microwave option

Prepare salmon as above and place in a microwave-safe dish.

Cover and cook on medium-high power for 4-6 minutes. Allow to stand for 2 minutes before serving.

***Serve with mashed herb potatoes, steamed vegetables or a fresh salad with lemon salad dressing.***