

# Baked salmon with honey-mustard sauce

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**Typ:** Fisch

**Quelle:** Allistair Reeves

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**Bemerkungen:** 17 Mai 2007: Sauce ist zu süß und zu geschmacksintensiv und tötet den Eigengeschmack des Fisches. Der Fisch bleibt wunderbar zart! Die Sauce passt überhaupt nicht zu Kartoffelsalat.

**Zutaten:** 4 salmon fillets about 150 g each  
125 mL Dijon mustard  
125 mL clear honey  
Tbsp chopped dill.  
Salt, Pepper

**Rezept:** Oven preheated to 230°C.

4 salmon fillets about 150 g each, well-seasoned with pepper and a bit of salt, in a shallow ovenproof dish small enough to ensure that the honey mixture (see below) comes up to the top edge of the fillets or even covers them.

Mixture of about 125 mL Dijon mustard, about 125 mL clear honey and 1 heaped tablespoonful of chopped dill.

Pour the honey mixture over the fillets and bake for 15-20 min.

Good hot, warm or cold, with plain green salad and potato salad.