



Long Livo

Cajun Honey Butter Salmon – Quick & Easy Recipe

10 min
Prep time

4
Servings

15 min
Cook time

Easy
Difficulty

25 min
Total time

Cajun
Cuisine

Ingredients

Main Ingredients

- ☐ 4 salmon fillets (about 6 oz each)
- ☐ 2 tbsp Cajun seasoning
- ☐ 1 tbsp olive oil
- ☐ 2 tbsp unsalted butter
- ☐ 2 tbsp honey
- ☐ 1 tsp lemon zest
- ☐ 1 tbsp fresh lemon juice
- ☐ Salt to taste
- ☐ Fresh parsley, chopped for garnish

Instructions

- 1 Pat the salmon dry, then rub both sides with olive oil and Cajun seasoning; let sit for a minute.
- 2 Heat a large skillet over medium-high heat; place fillets skin-side down and sear 3-4 minutes until crisp.
- 3 Flip the fillets, add butter and honey to the pan; swirl gently until butter melts and coats the fish.
- 4 Stir in lemon zest, lemon juice, and a pinch of salt; cook another 2-3 minutes until glaze thickens.
- 5 Remove from heat, sprinkle with fresh parsley, and serve immediately with your favorite side.

Nutrition per serving

420 kcal
Calories

32 g
Protein

18 g
Carbs

22 g
Fat

Tips & notes

- If you prefer less heat, reduce the Cajun seasoning by half – stuffed salmon offers a milder alternative.
- Butter can brown quickly; keep the heat moderate once added to avoid a burnt flavor.
- For a crisp finish, finish the salmon under a brief broiler for 1 minute.