

# 6 SALMON MARINADE RECIPES

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## LEMON GARLIC MARINADE

1 salmon fillet  
1 Tbsp olive oil  
1/4 cup lemon juice (1 squeezed lemon)  
2 garlic cloves, minced  
1 tsp lemon zest  
Salt and pepper, to your taste

## CHILI LIME MARINADE

1 salmon fillet  
1 Tbsp olive oil  
1/4 cup lime juice  
1/2 Tbsp lime zest  
1/2 tsp chili powder  
1/2 tsp garlic powder  
1/4 tsp paprika  
Salt and pepper, to your taste

## SWEET AND SPICY MARINADE

1 salmon fillet  
1 Tbsp olive oil  
1/4 cup soy sauce  
1 Tbsp honey or real maple syrup  
1 Tbsp lemon juice  
1/2 Tbsp hot sauce (or more)  
Salt and pepper, to your taste

## ITALIAN HERB MARINADE

1 salmon fillet  
2 Tbsp lemon juice  
2 garlic cloves, minced  
1 tsp Italian seasoning  
Salt and pepper, to your taste

## HONEY MUSTARD MARINADE

1 salmon fillet  
2 Tbsp olive oil  
2 Tbsp dijon mustard  
2 Tbsp honey  
1 Tbsp whole grain mustard  
1/2 tsp garlic powder  
Salt and pepper, to your taste

## ORANGE GINGER MARINADE

1 salmon fillet  
1/4 cup orange juice  
1 Tbsp olive oil  
1 Tbsp orange zest  
2 garlic cloves, minced  
1 1/2 tsp ground ginger  
Salt and pepper, to your taste

## MARINADE INSTRUCTIONS:

- Add all marinade ingredients to a small bowl and mix together. Add salmon to a glass container or plastic bag and pour marinade sauce otop. Container should be small enough that salmon can soak up the sauce. Seal bag/container and let sit in fridge for 1-2 hours before cooking. Salmon can also marinate overnight in the fridge.

## BAKING INSTRUCTIONS:

- Preheat oven to 450°F. Line a baking sheet with parchment paper. Place salmon fillet skin side down on the baking sheet. Bake for 12-15 minutes or until salmon is easily flaked with a fork. (If you have small salmon fillets, just cook for less time).

## GRILLING INSTRUCTIONS:

- Heat barbecue to medium heat, place salmon on the grill, skin side up. Cover and let cook for about 5 minutes, then flip. Pour extra marinade over top and cook an additional 5 minutes. Salmon will be done when easily flaked with a fork.