



# Ashley's Meal Prep Monday!



## Honey and Garlic Glazed Salmon

### INGREDIENTS

2 salmon fillets, 5-8 oz each  
3 TBSP coconut aminos  
1/3 cup honey  
4 garlic cloves, minced (or 1/2 TSP garlic powder)  
salt/pepper to taste  
1/2 TSP red crushed pepper if you're feeling spicy



Combine the coconut aminos, honey and minced garlic in a small bowl. Pour half of the sauce over the salmon fillets and season with salt/pepper, and crushed red pepper. If you have time, let the salmon marinate for 30 minutes in the fridge.

Line air fryer basket with foil or parchment paper insert - this helps for easy clean-up! Preheat the air fryer to 400 degrees for 3 minutes.

Baste salmon with remaining sauce and place skin side down in the air fryer. Air fry for 10-12 minutes, depending on thickness of salmon. The salmon is done when it has a caramelized crust - and reaches an internal temp of 145 degrees.

Recipe: [goodfoodbaddie.com](http://goodfoodbaddie.com)

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