

Cardamom Maple Salmon

Oscar · 28/09/2024



Prep Time

25 mins

Difficult

Medium

Servings

6

Description

This cardamon maple salmon recipe has the flavors of India with a maple twist The flavor is exceptional delicious and unique Orange zest may be added for an extra flavor twist

Ingredients

- - 1 ½ teaspoons salt - 1 teaspoon paprika - 1 teaspoon ground cardamom - 1 teaspoon ground coriander - ½ teaspoon ground black pepper - ¼ cup grapeseed oil - 2 tablespoons maple syrup - 1 (2 pound) salmon fillet
- cut into 3-inch pieces

Instructions

1. Stir salt
2. paprika
3. cardamom
4. coriander
5. and black pepper together in a bowl. Add oil and maple syrup; stir until evenly combined. Preheat a nonstick frying pan over medium-high heat. Dredge salmon pieces through maple syrup mixture until evenly coated on all sides. Cook salmon in the preheated pan until fish flakes easily with a fork
6. 5 to 7 minutes per side. Tips Be careful not to use too high of a temperature or the paprika-maple mixture will burn. Editor's Note: The nutrition data for this recipe includes the full amount of the maple syrup mixture ingredients. The actual amount of the maple syrup mixture consumed will vary.