

# Soy Ginger Salmon

yield: 2 SERVINGS prep time: 5 MINS cook time: 15 MINS

total time: 20 MINS



*Baked Soy Ginger Salmon—An easy, foolproof recipe for moist and flavorful baked salmon with honey soy ginger glaze. Simple, healthy, and delicious!*

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## INGREDIENTS

- 3 tablespoons low-sodium soy sauce
- 1 tablespoon rice vinegar
- 2 cloves garlic — minced (about 2 teaspoons)
- 2 teaspoons grated fresh ginger
- 1 teaspoon honey
- 1/2 teaspoon garlic-chili paste — sriracha, or 1/4 teaspoon red pepper flakes
- 1 skin-on salmon fillet\* — (1 pound)
- 2 teaspoons extra-virgin olive oil
- Chopped green onions — for serving
- Toasted sesame seeds — for serving

## INSTRUCTIONS

1. Place a rack in the center of your oven and preheat to 425 degrees F. Place a large cast-iron skillet or other sturdy, ovenproof skillet on a burner set to high and heat for at least 5 minutes. You want the pan screaming hot or the salmon will stick to it.
2. In a small saucepan, stir together the soy sauce, rice vinegar, garlic, and ginger. Bring to a simmer over medium high, then remove from heat and stir in the honey and chili paste. Reserve a few spoonfuls of the sauce in a separate bowl for serving.
3. Drizzle the salmon with the olive oil and brush so that it is evenly coated. Place the salmon skin-side up on the hot skillet. Let cook for 3 minutes, totally undisturbed, until the salmon forms a nice crust. With a flexible spatula, flip the salmon so that it is skin-side down. Brush or spoon the remaining glaze in the saucepan all over the top. Place the skillet immediately into the oven and let cook for 6 minutes (the salmon will appear a little undercooked in the center but will finish cooking as it rests). Remove from the oven and cover with foil. Let rest 4 to 5 minutes. Serve immediately, topped with reserved glaze,

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chopped green onion, and sesame seeds.

## RECIPE NOTES

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- \*You can also use salmon portions (smaller fillets), but be aware that they will bake more quickly. If you use sockeye salmon, please be aware that the fillets are thinner than Atlantic or farm-raised salmon, so it will both sear more quickly and bake more quickly.
- Serving a crowd? Feel free to scale up this recipe to suite as many fillets as you need— just don't crowd them in the skillet or they will not sear properly.
- This recipe is best enjoyed the day it is made. If you have leftovers, try letting them come to room temperature for about 10 minutes, then adding them to a salad or even scrambled eggs or scrambled tofu.

Course: Main Course Cuisine: American, Chinese

Keyword: Healthy Baked Salmon, Soy Ginger Salmon

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## NUTRITION INFORMATION

*Amount per serving (1 (of 2))* — Calories: **338**, Fat: **13g**, Saturated Fat: **3g**, Cholesterol: **150mg**, Sodium: **1213mg**, Carbohydrates: **9g**, Sugar: **7g**, Protein: **45g**