

## Jalapeno Honey Lemon Salmon

### Ingredients:

1 tablespoon coconut oil divided

1 Salmon Filet

½ tsp minced garlic

1 tsp minced ginger

2 TBSP Jalapeno Honey

1 tsp lemon juice

2 tsp lite soy sauce

Salt to taste

Red pepper flakes (optional)

1 tsp corn starch

### **How to make it:**

In a nonstick skillet melt half the coconut oil on low heat. Add in the ginger, garlic, soy sauce, honey, lime juice and salt (and RP flakes if you want them). Stir all together and turn heat up to medium. Let sauce cook for about one minute then add in the cornstarch and stir until it's mixed in and there are no clumps. Then remove it from the heat.

In another pan melt the other half of the coconut oil on medium heat. Once the oil is completely melted add the salmon skin side down. Let it cook for 2 -3 minutes then flip it. Once it's flipped add the honey sauce and let it cook another 2 minutes before removing from heat.

If you'd like, in a mini skillet you can cook soft corn tortillas and use it to make fish tacos!