

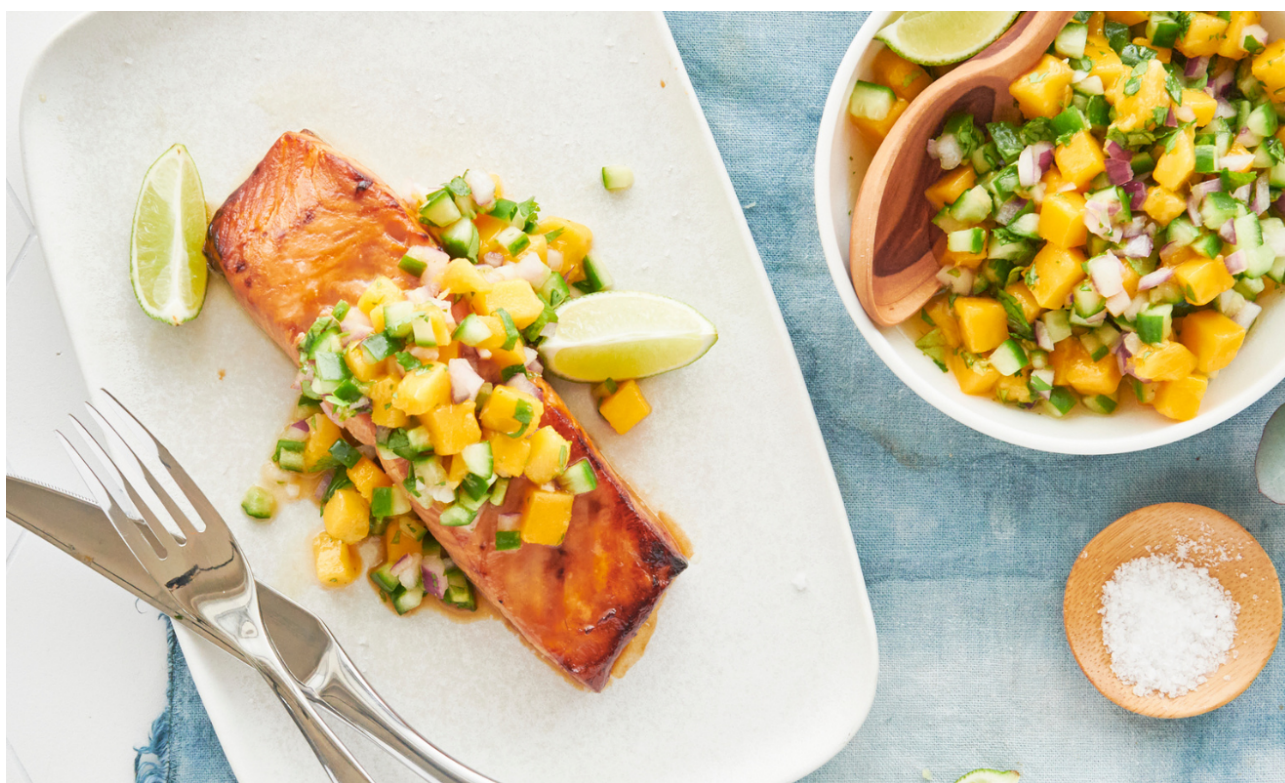


# Honey-Lime Salmon with Mango Salsa

EASY · 17 MINS

Meet your new go-to warm-weather recipe, Honey-lime salmon (complete with fruity mango salsa!). This trio of flavours is a summer dream when combined with the the lingering sweetness of [Capilano Aussie Coastal Honey](#). A staple for BBQs, parties and quick-throw-together dinners.

Scroll to the end for ways to cook this recipe in the air-fryer or on the BBQ!



SKILL LEVEL  
Easy

PREP TIME  
10 mins

COOKING TIME  
7 mins

SERVINGS  
4

Visit [capilanohoney.com.au](https://capilanohoney.com.au) to learn how to swap honey for sugar in your recipes.

Share your creations with us! Simply tag [#honeylovers](#) & [@capilanoHoney](#) on Instagram or Facebook and you could be featured on our page!



## Ingredients

### Salmon

- 4 x 180g skinless salmon fillets
- ¼ tsp fresh crushed chilli
- 3 tbsp **Capilano Aussie Coastal Honey**
- 1½ tbsp lime juice
- 2 tbsp soy sauce
- 2 tsp vegetable oil.

### Mango Salsa

- Juice of 1 lime
- 1 tbsp **Capilano Aussie Coastal Honey**
- 1 tsp oil
- ¼ tsp salt
- 1 mango, small diced
- ½ red onion, small diced
- 2 Lebanese cucumbers, seeded and small diced

## Method

1. In a small bowl, whisk honey, lime juice, soy sauce, and oil.
2. Place salmon into a zip-lock bag and pour marinade mixture over the top. Massage mixture into salmon and place into refrigerator to marinate for 30 minutes.
3. While salmon is marinating, make mango salsa. In a medium bowl, whisk lime juice, honey, oil, and salt.
4. Add diced mango, onion, cucumbers, and chopped coriander and mix well. Store in refrigerator until ready to serve.
5. Preheat air fryer at 200°C for 5 minutes.
6. Remove salmon from marinade (reserve marinade sauce) and place into air fryer. Cook at 200°C for 4 minutes.
7. Baste salmon with marinade and cook for a further 3 minutes. Serve hot with mango salsa.
8. Pan Roasted: Heat a large non-stick frypan over medium-high. Add 1 tbsp olive oil to pan and add salmon fillets (drained of marinade). Cook for 4 minutes, or until golden. Turn salmon, baste with extra marinade, and cook for a further 1-2 minutes (or until salmon is opaque).
9. Oven Baked: Preheat oven to 180°C (fan-forced). Bake marinated salmon for 12 minutes, basting with extra marinade half-way through.
10. BBQ: Preheat BBQ on medium. Drain salmon from marinade and add to grill. Cook for 2-3 minutes each side. Set aside to rest for 5 minutes.

## Used in this recipe



### AUSSIE COASTAL HONEY

Travel to Australia's pristine coasts, where salty bushlands and sun-kissed shores grow trees such as Ironbark, Bloodwood, Gum and Coastal Mangroves that our bees forage to create uniquely Australian honey.

### Sweet, and a little savoury

The unique salty-savoury notes of our Coastal Honey make it ideal with cheese – from grazing platters to honeyed haloumi or even a wattleseed damper! Keep it on hand to add a gentle caramel and acid note to salad dressings such as honey mustard, green goddess, or raspberry vinaigrette, or bring the lovely buttery and floral honey notes to

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your morning avocado toast. Add chilli flakes or goat's cheese for an extra twist!

Make the Sweet Switch

Honey tastes twice as sweet as sugar, so you need less in your baking, drinks and savoury recipes. Learn more about how to swap Capilano for sugar in your recipes [here](#).

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