

# Honey Garlic Salmon with Sweet Potato Fries

Serves: 1

Prep time: 2 minutes

Cook time: 25 minutes

## INGREDIENTS:

- 1, 5 oz wild caught salmon fillet
- 2 tbsp olive oil, divided
- pinch of salt
- dash of pepper
- light sprinkle of cayenne pepper
- 1 tbsp raw organic honey
- 1 tsp apple cider vinegar
- 1 clove garlic, minced
- 2 round slices of lemon
- 1 medium sweet potato, sliced into 'fries'

Secret sauce!

- 1/4 cup full-fat greek yogurt
- 1 tsp raw organic honey
- 1 spoonful unflavored collagen powder



**Serving size:** 1 salmon fillet + 1 sweet potato + 2 spoonfuls of secret sauce

## INSTRUCTIONS:

1. Preheat the oven to 400 degrees and take out a baking sheet.
2. Add the sweet potato 'fries' and drizzle on 1 tbsp olive oil, toss to coat and sprinkle with salt. Roast for 10 minutes, flip and roast for 10 more until lightly golden brown.
3. While waiting, heat 1 tbsp olive oil in a skillet on the stove top.
4. Season the salmon with salt, pepper and cayenne. Then place skin-side down on the pan. Pan-sear for 1 minute then flip over and sear for 2 more minutes.
5. Flip the salmon one more time so skin side is back down in the pan and add the garlic in around the fish.
6. In a small bowl, mix together 1 tbsp honey + apple cider vinegar + warm water + pinch of salt. Drizzle over the salmon.
7. Continue to cook until the inside is no longer a bright, fleshy pink.
8. Serve salmon + fries with secret sauce!