



BBQ Candied Salmon (GF)(DF)

6 servings

20 minutes

Ingredients

- 1 1/8 lbs Salmon Fillet (whole skinned salmon piece)
- 1/2 cup Maple Syrup
- 1/4 cup Fresh Dill
- 2 tsps Garlic (crushed)
- 1 tbsp Parsley (chopped)
- 1 tsp Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	181
Fat	4g
Saturated	1g
Polyunsaturated	1g
Monounsaturated	1g
Carbs	18g
Fiber	0g
Sugar	16g
Protein	19g
Sodium	70mg
Vitamin C	1mg
Iron	0mg

Directions

- 1 Preheat BBQ to medium heat. Line tin foil to make a parcel shape for the salmon. Lay raw salmon flat in foil, do not close. In a glass measuring bowl mix together all of the marinade ingredients.
- 2 Pour over the fish slowly making sure to coat all over evenly. BBQ for 15-20 minutes until the fish is nice and flaky but still moist in the middle. (If the fish is crisping too much on the outside then close up the foil while cooking)

Notes

Oven: You can also cook this in the oven at 350F sitting in a foiled pan. Cook for roughly 15-20 min depending on how you like your fish.