



WINE AND OLIVE ESTATE

RECIPE

Balsamic Glazed Salmon

YIELD: Serves 2

PREP TIME: 2 minutes

COOK TIME: 18 minutes

TOTAL TIME: 20 minutes

Ingredients:

- 2 salmon fillets
- 2 teaspoons **Morgenster Extra Virgin Olive Oil**
- 2 cloves garlic, minced
- 3 tablespoons **Morgenster Balsamic Vinegar**
- 2 teaspoons honey
- 2 teaspoons Dijon mustard
- 1/2 teaspoon kosher salt
- 1/4 teaspoon black pepper
- Chopped fresh parsley, for garnish

Directions:

1. Preheat oven to 400 degrees F. Line a baking sheet with aluminium foil, then coat with non-stick cooking spray.
2. In a small skillet, heat the olive oil over medium. Add the garlic and cook until fragrant and beginning to brown, about 2 minutes, watching carefully so that it does not burn. Add the balsamic vinegar, honey, mustard, salt and pepper. Whisk and simmer until the mixture thickens, about 4 minutes.
3. Place salmon skin-side down on the prepared baking sheet. Brush liberally with the glaze. Bake for 5 minutes, brush again with the glaze, then bake 5 to 10 additional minutes, until the fish flakes easily with a fork and is cooked through. Sprinkle with chopped parsley and serve.

MORGENSTER 1711 (PTY) LTD

VERGELEGEN AVENUE OFF LOURENSFORD ROAD SOMERSET WEST 7129 REPUBLIC OF SOUTH AFRICA

TEL : +27(0)21 852 4413 FAX : +27(0)21 852 4311

E-MAIL : info@morgenster.co.za WEBSITE : www.morgenster.co.za