

Soy Ginger Salmon

Baked Soy Ginger Salmon—An easy, foolproof recipe for moist and flavorful baked salmon with honey soy ginger glaze. Simple, healthy, and delicious!

PREP TIME: 5 MINS *COOK TIME:* 15 MINS

TOTAL TIME: 20 MINS

Servings: 2 servings



4.85 from 40 votes

Ingredients

- 3 tablespoons low-sodium soy sauce
- 1 tablespoon rice vinegar
- 2 cloves garlic - minced (about 2 teaspoons)
- 2 teaspoons grated fresh ginger
- 1 teaspoon honey
- 1/2 teaspoon garlic-chili paste - sriracha, or 1/4 teaspoon red pepper flakes
- 1 pound skin-on salmon fillet* - at room temperature, cut into 3–4 portions
- 2 teaspoons extra-virgin olive oil
- Chopped green onions - for serving
- Toasted sesame seeds - for serving

Instructions

- 1 Place a rack in the center of your oven and preheat to 425 degrees F. Place a large cast-iron skillet or other sturdy, ovenproof skillet on a burner set to high and heat for at least 10 minutes. You want the pan screaming hot or the salmon will stick to it.
- 2 In a small saucepan, stir together the soy sauce, rice vinegar, garlic, and ginger. Bring to a simmer over medium high, then remove from heat and stir in the honey and chili paste. Remove a few spoonfuls of the cooked glaze in a separate bowl for serving.
- 3 Drizzle the salmon with the olive oil and brush so that it is evenly coated. Place the salmon skin-side up on the hot skillet. Let cook for about 3 minutes, totally undisturbed, until the

salmon forms a nice crust. When the salmon turns opaque on the sides and starts to turn opaque on top, use a flexible spatula to flip the salmon so that it is skin-side down. Brush or spoon the remaining glaze in the saucepan all over the top. Place the skillet immediately into the oven and let cook for 6 minutes (the salmon will appear a little undercooked in the center but will finish cooking as it rests). Remove from the oven and cover with foil. Let rest 4 to 5 minutes. Serve immediately, topped with reserved glaze, chopped green onion, and sesame seeds.

Notes

- *You can also use salmon portions (smaller fillets), but be aware that they will bake more quickly. If you use sockeye salmon, please be aware that the fillets are thinner than Atlantic or farm-raised salmon, so it will both sear more quickly and bake more quickly.
- Serving a crowd? Feel free to scale up this recipe to suite as many fillets as you need—just don't crowd them in the skillet or they will not sear properly.
- This recipe is best enjoyed the day it is made. If you have leftovers, try letting them come to room temperature for about 10 minutes, then adding them to a salad or even scrambled eggs or scrambled tofu.

Nutrition

Serving: 1(of 2), Calories: 338kcal, Carbohydrates: 9g, Protein: 45g, Fat: 13g, Saturated Fat: 3g, Polyunsaturated Fat: 0g, Monounsaturated Fat: 0g, Trans Fat: 0g, Cholesterol: 150mg, Sodium: 1213mg, Potassium: 0mg, Sugar: 7g, Vitamin A: 0IU, Vitamin C: 0mg, Calcium: 0mg, Iron: 0mg

COURSE: MAIN COURSE CUISINE: AMERICAN, CHINESE

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