



# Tropical Pineapple Glazed Salmon

## Introduction

Gathering around the dinner table is one of life's simple pleasures, and what better way to celebrate family time than with a dish that balances sweet and savory notes with a tropical flair? This sweet and savory salmon recipe is a family favorite at our gatherings, and it does not disappoint. The vibrant flavors of honey, pineapple, and soy sauce come together to create a glaze that transforms simple salmon fillets into a culinary masterpiece. The addition of fresh ginger and garlic elevates the taste, making each bite a delightful experience.

Perfect for a light and flavorful meal, this salmon dish can be served with a variety of sides, making it incredibly versatile. Whether you're

hosting a dinner party or enjoying a casual family meal, this recipe is sure to impress. Let's dive into the details of this delicious dish!

## Detailed Ingredients

### **Salmon fillets**

You will need 4 salmon fillets. Opt for skin-on or skinless depending on your preference, but cook times might vary slightly based on the thickness.

### **Honey**

1/4 cup of honey will add the sweet element to your glaze, giving it a rich and sticky texture.

### **Pineapple juice**

1/4 cup of pineapple juice contributes a bright tropical flavor that pairs beautifully with salmon, enhancing its natural richness.

### **Soy sauce**

2 tablespoons of soy sauce will add depth and umami, balancing the sweetness of the honey and pineapple juice.

### **Garlic**

Two cloves of minced garlic introduce a warm, aromatic element to the dish, perfectly complementing the other flavors.

### **Fresh ginger**

1 teaspoon of grated fresh ginger offers a zesty kick, elevating the

overall flavor profile of the salmon.

### **Olive oil**

1 tablespoon of olive oil helps to keep the salmon moist and adds a lovely layer of richness.

### **Salt and pepper**

Season the fillets with salt and pepper, allowing the natural flavors of the salmon to shine through.

### **Pineapple slices**

Sliced pineapple can be used for garnish, adding an extra dimension of flavor and making for a beautiful presentation.

### **Fresh cilantro**

Optional chopped fresh cilantro adds a burst of color and freshness to the dish.

## **Prep Time**

The preparation time for this delightful salmon dish is approximately 10 minutes. This quick prep allows you to swiftly move to the cooking process without sacrificing flavor.

See also Italian Sub Salad

## **Cook Time, Total Time, Yield**

The cooking time for the salmon is about 12-15 minutes at 400°F (200°C). Therefore, the total time from start to finish is around 25

minutes, making it a convenient option for busy weeknights. This recipe yields 4 servings, perfect for a family meal or a small gathering.

## **Detailed Directions and Instructions**

### **Set the Oven**

Begin your culinary adventure by preheating your oven to 400°F (200°C). This temperature will allow the salmon to cook evenly and achieve that perfect flaky texture.

### **Prepare the Baking Sheet**

While the oven heats up, prepare a baking sheet by lining it with parchment paper or aluminum foil. This will make cleanup a breeze and prevent the salmon from sticking to the pan.

### **Mix the Glaze**

In a small mixing bowl, combine the honey, pineapple juice, soy sauce, minced garlic, and grated ginger. Stir the mixture well until all ingredients are thoroughly incorporated. The glaze should have a smooth consistency, perfect for drizzling over the salmon.

### **Season the Salmon**

Next, position the salmon fillets on the prepared baking sheet. Sprinkle salt and pepper over each fillet to enhance the flavor, ensuring even seasoning.

### **Apply the Glaze**

Generously brush the prepared honey pineapple mixture over each salmon fillet, making sure to coat them well. Reserve a portion of the

glaze for later use, as you'll want to baste the salmon during the cooking process for maximum flavor.

### **Bake the Salmon**

Place the baking sheet in the preheated oven and bake the salmon for approximately 12-15 minutes. The salmon is done when it flakes easily with a fork and reaches an internal temperature of 145°F (63°C).

### **Baste the Salmon**

Around halfway through the cooking time, open the oven and baste the salmon with the reserved glaze. This step will deepen the flavors and give the fish a beautiful, shiny finish.

### **Check for Doneness**

Once the cooking time is up, check the salmon for doneness. It should be tender and flake easily; if it's not quite there, return it to the oven for another minute or two.

See also Oats and Walnut Skillet Cookie

### **Garnish and Serve**

After removing the salmon from the oven, feel free to embellish it with sliced pineapple and a sprinkle of fresh cilantro for an added touch. Serve the dish warm, and delight in its tropical flavors!

### **Store Leftovers**

If you have any leftovers (though unlikely!), store them in an airtight container in the refrigerator for up to 3 days. Simply reheat gently in the microwave or in the oven before serving.

## Notes

### Fresh Ingredients

Using freshly squeezed pineapple juice will enhance the flavors significantly; store-bought juice can work in a pinch but may lack depth.

### Marinate Option

For a deeper flavor, consider marinating the salmon in the glaze for 30 minutes to 1 hour before baking. This allows the flavors to penetrate the fish more thoroughly.

### Alternative Fish Options

If you're not a fan of salmon, this glaze works wonderfully with other types of fish such as tilapia or mahi-mahi. Just adjust the cooking time based on the thickness of the fillets.

### Cooking Methods

While this recipe is designed for baking, you can also grill the salmon for a smoky flavor. Simply preheat your grill and cook each fillet for about 4-5 minutes per side.

## Cook techniques

### Baking

Baking is the primary technique used in making this dish, which allows for even cooking and easy cleanup.

## **Basting**

Basting the salmon with the glaze not only adds flavor but also helps to keep the fish moist as it cooks.

## **Seasoning**

Proper seasoning is crucial; salt and pepper should be used liberally to enhance the natural flavors of the salmon and other ingredients.

## **Checking Doneness**

To ensure perfect doneness, use a fork to gently flake the salmon and check for tenderness. Remember, it should be opaque and easily flake apart.

# **FAQ**

### **Can I use frozen salmon for this recipe?**

Yes, you can use frozen salmon. Just make sure to thaw it properly in the refrigerator before cooking to ensure even cooking.

See also [Toffee Caramel No-Bake Cheesecake](#)

### **What sides pair well with this salmon dish?**

This salmon pairs beautifully with a variety of sides, such as rice, quinoa, roasted vegetables, or a fresh salad. The fresh flavors complement light and refreshing sides perfectly.

### **Is this recipe suitable for meal prep?**

Absolutely! This salmon is great for meal prep. Just store it in portioned

containers in the fridge, and it can be enjoyed for lunches throughout the week.

### **Can I make this dish spicy?**

If you prefer a spicy kick, consider adding a pinch of red pepper flakes to the marinade or a splash of sriracha for a bit of heat.

### **How can I tell when salmon is fully cooked?**

Salmon is done when it becomes opaque and flakes easily with a fork. An internal temperature of 145°F (63°C) is a good benchmark.

## **Conclusion**

This sweet and savory salmon recipe with its tropical pineapple glaze is sure to become a staple in your dinner rotation. With its simple preparation and vibrant flavors, it captures the essence of light and delicious meals that everyone can savor. Whether you're cooking for family or friends, each bite promises a delightful combination of flavors that will leave your taste buds dancing. So gather around the table, enjoy the deliciousness, and create lasting memories with every family dinner.

## **More recipes suggestions and combination**

### **Grilled Asparagus**

Grilled asparagus drizzled with olive oil and seasoned with salt and pepper makes a perfect side to balance the flavors of the salmon.



### **Quinoa Salad**

A refreshing quinoa salad with cucumber, tomatoes, and a lemon vinaigrette pairs beautifully, complementing the tropical notes of the salmon.

### **Coconut Rice**

Coconut rice is another superb pairing, adding a rich creaminess that marries well with the glaze and their flavors.

### **Mango Salsa**

Consider whipping up a vibrant mango salsa to serve atop your salmon for an extra burst of freshness and tropical flavor.

### **Roasted Sweet Potatoes**

Roasted sweet potatoes seasoned with cinnamon and a dash of cayenne can add an earthy sweetness, enhancing the overall meal experience.