



**CAMP
SOUTHERN
GROUND**

LEMONADE SALMON *w/ Coconut Brown Rice*

Prep Time: 30 minutes | **Cook Time:** 10-12 minutes | **Servings:** 6-8

INGREDIENTS

- 2-2.5 # Whole Salmon Filet
- 2 TB Olive Oil
- 2 TB Honey
- 1 Lemon, Zested & Juiced
- Salt
- 3 Cups Brown Rice, Uncooked
- Water
- ¼ C Coconut Oil
- Salt
- Garlic Powder
- Fresh Parsley, Chopped for Garnish

INSTRUCTIONS

1. Preheat the oven to 425° convection/450° conventional.
2. Cook your brown rice according to the brand's instructions.
3. While the rice is cooking, in a small mixing bowl, mix the olive oil, honey, lemon zest, and lemon juice. Set Aside.
4. Take the whole prepared salmon filet and cut it into 6-8 even sized pieces. You can buy salmon already positioned. Once portioned, on a baking sheet lined with parchment paper, spread out the salmon evenly. Now baste the salmon with the “lemonade” marinade. Once basted, season each piece of salmon with your preferred amount of salt.
5. Bake in a preheated oven for 8-12 minutes, to your preferred doneness.
6. When the rice finishes, add in the coconut oil, garlic powder and your preferred amount of salt.
7. Once the salmon is finished, plate up your food and garnish with parsley for flair.
8. Serve with your family's favorite vegetable as a side. Broccoli is in season right now!