



# Chipotle Honey Rubbed Salmon-YUM!

Chipotle-Honey rub on Salmon is a match made in salmon heaven! A recipe that can be made in 10 minutes!

Simplicity and deliciousness at its best!

**SERVINGS:** 2 | **PREP:** 5 minutes | **COOK TIME:** 5 minutes | **TOTAL TIME:** 10 minutes

## INGREDIENTS

- 1 Pound Salmon ((1/2 Lb. Per Person))
- 2 Tablespoons Chipotle Honey Rub (Can Use Your Own Rub)
- 1 Tablespoon Vegetable Oil

## INSTRUCTIONS

Clean Salmon by running under cold water on both sides and pat dry.  
Spread Rub onto plate and coat both sides of salmon.  
Heat skillet with oil on medium to high for 30 seconds.  
Add Salmon to skillet on skin side down first.  
Depending on the temperature you like; heat 2 - 3 minutes each side for medium rare.  
Serve this with salad or your favorite vegetable medley.  
Use any kind of rub you like.

## NOTES

A wine that pairs well with this is Sauvignon Blanc or Rose, or for non-alcoholic drinks, a refreshment with mango is a great pairing.

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