

Chocolate Glazed Salmon

A unique twist on a classic dish, this Chocolate Glazed Salmon is a savory and indulgent main course. The rich chocolate glaze adds a depth of flavor to the tender salmon fillets.



Main Dish

20 min

Total time

Easy

Difficulty

350

kcal / serving

Nutrition per serving (estimated)

Protein 27 g

Carbs 19 g

Fat 18 g

Fiber 2 g · Sugar 14 g · Sodium 650 mg

Ingredients

- 1 salmon fillet
- 2 tablespoons dark chocolate, melted
- 1 tablespoon soy sauce
- 1 tablespoon honey
- 1 teaspoon Dijon mustard
- Salt and pepper to taste

Substitutions

Soy sauce – Use an equal amount of tamari for a similar savory, salty flavor.

Honey – Use an equal amount of maple syrup for a similar sweetness and glaze consistency.

Dijon mustard – Use an equal amount of smooth yellow mustard; the flavor will be milder.

Steps

- 1 Preheat the oven to 400°F (200°C).
- 2 Season the salmon fillet with salt and pepper.
- 3 In a small bowl, whisk together the melted dark chocolate, soy sauce, honey, and Dijon mustard.
- 4 Place the salmon fillet on a baking dish and brush the chocolate glaze over the top.
- 5 Bake in the preheated oven for 12–15 minutes, or until the salmon is cooked through.
- 6 Serve hot and enjoy!

Chef's tips

- Choose a fillet of even thickness so it cooks more uniformly; a thinner tail end may finish sooner.
- The glaze should look glossy and cling to the fish; if it thickens as it cools, gently warm it until brushable.
- Use a lined baking dish for easier cleanup, as honey and chocolate can leave a sticky residue.

Drink pairing

A dry ros 

Its crisp fruit and acidity complement the salmon while balancing the glaze's sweet, savory richness.

0% option: Sparkling water with a squeeze of lemon

Storage

Refrigerate leftovers within 2 hours in a covered container and use within 3–4 days. Reheat until steaming hot; the glaze may become less glossy.

Frequently asked questions

How can I tell when the salmon is done?

It should look opaque and separate into moist flakes when gently pressed with a fork. Check the thickest part, since thinner portions cook faster.

Can I make the glaze ahead?

Yes. Mix it shortly ahead and keep it covered; if it firms up, warm it gently until it is easy to brush.

What should I serve with chocolate-glazed salmon?

Try rice or roasted potatoes with a simple green vegetable; mild sides let the savory-sweet glaze stand out.