



From [Dinner Just For Two](#), copyright © 2019 by Christina Lane, reprinted with permission of The Countryman Press, a division of W. W. Norton & Company, Inc. All Rights Reserved.

### **Hot Honey Lime–Glazed Protein of Choice**

The first time we tasted Gwyneth Paltrow’s salmon glazed with sriracha, lime, and maple syrup that took the internet by storm, we were amazed. You’ll recognize similar flavors here. This hot honey-lime mixture is best used both as a quick marinade and glaze after cooking. I love it most on freshly grilled chicken, but it’s great on salmon, pork, scallops, and tofu, too.

If you’re marinating, cap it at no more than 2 hours so the lime juice doesn’t “cook” the protein.

¼ cup honey

Zest and juice of 2 limes

½ teaspoon cayenne

1 tablespoon neutral oil

Pinch of salt

Freshly ground black pepper

1 pound protein of choice:

chicken tenders, chicken breasts, pork tenderloin, scallops, tofu cubes, or anything else you like!

Whisk together all of the marinade ingredients.

Drizzle half the marinade on the protein and place it in the fridge to marinate for up to 2 hours.

If you’re grilling the protein, heat the grill to high.

Place the marinated protein over the heat, flip once, and cook until done. Use a thermometer to ensure it’s done, depending on the protein used.

When the meat comes off the heat, add the rest of the marinade and let it rest.

Serve immediately.

