

Treasure Barrel

15-Minute Easy Oven Baked Salmon

5 min Prep time	**15 min** Cook time	**20 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 4 salmon fillets (about 6 oz each)
- [ ] 2 tbsp olive oil
- [ ] 1 tsp sea salt
- [ ] 1/2 tsp freshly cracked black pepper
- [ ] 1 lemon, zested and sliced
- [ ] 2 tsp fresh dill, chopped

Optional Finish

- [ ] 1 tbsp butter, melted
- [ ] Extra lemon wedges for serving

Instructions

1. Preheat the oven to 425°F (220°C) and line a baking sheet with parchment.
2. Pat the salmon fillets dry, then rub each with olive oil, sea salt, and black pepper.
3. Place the fillets skin-side down, scatter lemon zest and dill on top, and arrange lemon slices around them.
4. Bake for 12-15 minutes, until the fish flakes easily and the edges turn golden.
5. Drizzle melted butter over the hot fillets, squeeze fresh lemon juice, and serve immediately.

Nutrition per serving

320 kcal	34 g	4 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- For a tropical spin, try the coconut curry variant.
- If you prefer a sharper bite, add a pinch of red pepper flakes before baking.
- Remember to let the salmon rest a minute before serving; it helps the juices redistribute.