

Treasure Barrel

Baked Lemon Garlic Butter Salmon

10 min Prep time	**20 min** Cook time	**30 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 4 salmon fillets (6-oz each), skin on
- [ ] 2 tbsp unsalted butter, melted
- [ ] 1 lemon, zest and juice
- [ ] 3 cloves garlic, minced
- [ ] 1 tbsp olive oil
- [ ] Salt and freshly ground black pepper to taste
- [ ] 2 tbsp fresh parsley, chopped

Instructions

1. Preheat the oven to 400°F (200°C). Line a baking sheet with parchment.
2. In a small bowl, whisk melted butter, olive oil, lemon zest, lemon juice, and minced garlic.
3. Place salmon fillets skin-side down on the sheet, brush generously with the butter-lemon mixture, and season with salt and pepper.
4. Bake for 12-15 minutes, until the flesh flakes easily and reaches an internal temperature of 145°F.
5. Remove from oven, sprinkle chopped parsley over the top, and serve immediately.

Nutrition per serving

420 kcal	38 g	5 g	24 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you like a bit of extra zing, add a pinch of red pepper flakes to the glaze.
- For a crispier skin, broil for the last 2 minutes, watching closely.
- Leftover salmon can be flaked into salads or mixed with mayo for a quick sandwich.