

Treasure Barrel

Sheet Pan Lemon Garlic Butter Salmon

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

Ingredients

Main Ingredients

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

Optional Garnish

- [ ] Fresh parsley, chopped
- [ ] Lemon wedges for serving

Instructions

1. Preheat the oven to 400°F (200°C) and line a sheet pan with parchment.
2. Pat the salmon dry, brush both sides with olive oil, then season generously with salt and pepper.
3. In a small bowl, combine melted butter, minced garlic, lemon zest, and thyme; drizzle half over the fillets, reserving the rest for later.
4. Arrange the salmon skin-side down on the pan, spoon the remaining butter mixture on top, and bake for 12-15 minutes until the flesh flakes easily.
5. Remove from oven, squeeze fresh lemon juice over the hot fish, and garnish with parsley and extra lemon wedges.

Nutrition per serving

420 kcal	38 g	5 g	26 g
Calories	Protein	Carbs	Fat

Tips & notes

- Watch the garlic closely; it can burn quickly at high heat.
- If you prefer a softer texture, reduce baking time by a couple of minutes.
- For a richer sauce, finish with a splash of white wine (optional, non-alcoholic substitute works too).