

Baked Lemon Garlic Salmon - Bright, Juicy, and Effortlessly Elegant

Why This Salmon Recipe Is Always in My Rotation



OVEN
400°F

TIME
15 min

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INGREDIENTS

- 4 salmon fillets (about 6 oz each)
- 2 tbsp olive oil
- 3 cloves garlic, minced
- 2 tbsp fresh lemon juice
- 1 tsp lemon zest
- ½ tsp salt
- ... tsp black pepper
- ½ tsp dried parsley (or thyme, if you prefer)
- Lemon slices, for garnish
- Fresh chopped parsley, optional for serving

DIRECTIONS

- 1. Preheat the Oven:** I start by preheating the oven to 400°F (200°C). I line a baking sheet with parchment paper or foil-it keeps the fish from sticking and makes cleanup fast.
- 2. Prep the Salmon:** I place the salmon fillets skin-side down on the prepared sheet. Pat them dry with a paper towel-this helps the glaze cling better.
- 3. Make the Lemon Garlic Mixture:** In a small bowl, I whisk together the olive oil, minced garlic, lemon juice, zest, salt, pepper, and dried herbs. The lemon adds brightness, and the garlic brings deep flavor without overpowering the delicate fish.
- 4. Brush the Fillets:** I spoon or brush the lemon garlic mixture generously over the top of each fillet, making sure to cover them fully for even flavor.
- 5. Add the Lemon Slices:** I place a thin lemon slice on top of each fillet-not just for presentation, but to infuse extra citrus flavor as the salmon bakes.
- 6. Bake to Perfection:** I bake the salmon for 12-15 minutes, depending on thickness. You'll know it's ready when it flakes easily with a fork and turns opaque throughout.
- 7. Pro tip:** For an extra golden top, broil the salmon for the final 1-2 minutes-but watch closely so it doesn't burn.
- 8. Garnish and Serve:** Just before serving, I sprinkle a bit of fresh chopped parsley over the top. It adds a touch of color and a hint of earthy flavor that pairs beautifully with the lemon.

