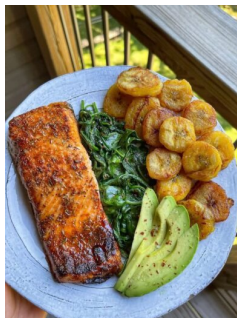


Easy Grilled Salmon Fillets with Olive Oil and Garlic

Grilled Salmon with Garlic Olive Oil and Summer Sides



OVEN
300°F

TIME
5 min

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INGREDIENTS

- 4 fresh salmon fillets
- 2 tbsp olive oil (extra virgin for flavor)
- 2 cloves garlic, minced
- Salt and pepper, to taste
- Optional garnish: lemon wedges, chopped parsley

DIRECTIONS

- 1. Prep the Salmon:** Pat salmon fillets dry and place them on a plate or tray. In a small bowl, mix olive oil and minced garlic. Brush the mixture over each fillet. Sprinkle generously with salt and pepper.
- 2. Preheat the Grill:** Heat your grill to medium-high and oil the grates to prevent sticking. You can also use a grill pan indoors if weather isn't cooperating.
- 3. Grill the Salmon:** Place the salmon skin-side down (if using skin-on) and cook for 4-5 minutes. Flip carefully and cook for another 2-4 minutes, or until the salmon is opaque and flakes easily with a fork.
- 4. Serve:** Remove from grill and serve immediately. Garnish with lemon wedges and parsley if desired.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/easy-grilled-salmon-fillets-with-olive-oil-and-garlic/>