

The Best Foil Pack Salmon - Moist, Flavorful & Ready in 30 Minutes

There's something magical about sealing dinner inside a foil packet. This



OVEN
400°F

TIME
25 min

TEMP
145°F

PRINT
Recipe Card

INGREDIENTS

4 (6-ounce) salmon fillets - skin-on helps retain moisture
1 pound asparagus spears - bright green, trimmed
2 tablespoons olive oil
1 lemon - sliced into rounds
3 cloves garlic - minced
1 teaspoon salt
½ teaspoon black pepper
Optional herbs: Dill, parsley, or paprika for added flavor

DIRECTIONS

1. ? 1. Preheat the Oven: Set your oven to 400°F (200°C) so it's hot and ready when your foil packets are assembled.
2. ? 2. Prep the Ingredients: Rinse the salmon and pat dry.
3. Trim woody ends off asparagus (snap them where they naturally break).
4. Mince the garlic and slice the lemon.
5. ? 3. Assemble the Foil Packets: Place a large sheet of foil on a baking tray.
6. Lay asparagus in the center, topped with a salmon fillet.
7. Drizzle with olive oil, squeeze some lemon juice over, and top with lemon slices.
8. Add garlic, salt, pepper, and herbs to taste.
9. Fold the foil over and crimp the edges to seal the packet completely.
10. ? 4. Bake: Place all foil packets on a baking sheet and bake for 20-25 minutes.
11. The salmon is done when it flakes easily with a fork and turns opaque in the center.

SWAPS & NOTES

& Swaps Asparagus : Go for medium-thickness spears so they cook evenly with the salmon.

Salmon : If your fillets are thick, aim for the full 25-minute cook time; thinner cuts may need just 20.

Herbs : Dill is classic with salmon, but fresh parsley, thyme, or a sprinkle of smoked paprika also shine here.

Foil Alternative : Parchment paper can be used if you want a non-aluminum option-just seal it tightly like a pouch.

TIPS FOR SUCCESS

Seal tightly : Prevent steam from escaping so the salmon stays moist.

Don't overcook : Use a thermometer if needed-salmon is done at 145°F.

Cut uniform fillets : Helps ensure even cooking times.

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

Original recipe: <https://chefmaniac.com/the-best-foil-pack-salmon-moist-flavorful-ready-in-30-minutes/>