

Zesty Lemon Herb Salmon: A Fresh and Flavorful Dinner Delight

For a meal that's as healthy as it is delicious, this



OVEN
375°F

TIME
10 min

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INGREDIENTS

- 4 salmon fillets (skin on or off, as preferred)
- 2 tbsp olive oil
- 2 tbsp fresh lemon juice (about 1 lemon)
- 2 tsp lemon zest
- 3 garlic cloves, minced
- 1 tbsp fresh parsley, chopped
- 1 tbsp fresh dill, chopped (or 1 tsp dried dill)
- 1 tsp fresh thyme (or 1/2 tsp dried thyme)
- Salt and pepper to taste
- Lemon slices, for garnish

Instructions:

Preheat and Prep: Preheat your oven to 375°F (190°C). Line a baking sheet with parchment paper or lightly grease it with olive oil.

Prepare the Marinade: In a small bowl, whisk together the olive oil, lemon juice, lemon zest, garlic, parsley, dill, thyme, salt, and pepper.

This flavorful mixture will coat the salmon beautifully.

Marinate the Salmon: Place the salmon fillets on the prepared baking sheet. Spoon the marinade over each fillet, ensuring they are evenly coated. Let the salmon sit for about 10 minutes to absorb the flavors.

Bake to Perfection: Bake the salmon in the preheated oven for 12-15 minutes, or until the fish flakes easily with a fork. The cooking time may vary slightly depending on the thickness of your

fillets.

Finish and Serve: Remove the salmon from the oven and garnish with fresh lemon slices and additional herbs if desired. Serve immediately with your favorite sides.

Tips for the Best Lemon Herb Salmon:

Don't Overcook: Salmon is done when it flakes easily with a fork. Overcooking can make it dry.

Add a Side of Veggies: Pair the salmon with roasted asparagus, green beans, or a fresh salad for a complete meal.

Grill It Instead: For a smoky flavor, try grilling the salmon instead of baking.

Why You'll Love This Recipe:

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- 8. Grill : It Instead:** For a smoky flavor, try grilling the salmon instead of baking.
- 9. Why You'll Love This Recipe:** This Zesty Lemon Herb Salmon is a perfect example of how simple ingredients can create a restaurant-quality dish at home. It's quick, healthy, and packed with flavor-ideal for busy

nights or special occasions. Plus, it's versatile enough to pair with a variety of sides, from quinoa to mashed potatoes or seasonal veggies.

10. Have you tried this recipe? Let me know your thoughts in the comments, and don't forget to share it with friends who love fresh, flavorful meals. Check out I Wuv Cooking for even more mouthwatering recipes!

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

Original recipe: <https://chefmaniac.com/zesty-lemon-herb-salmon-a-fresh-and-flavorful-dinner-delight/>