

Perfect Baked Salmon: Flaky, Flavorful & Foolproof Every Time

Here's what you'll need to create this fantastic Perfect Baked Salmon:



OVEN
400°F

TIME
12-18 min

TEMP
145°F

PRINT
Recipe Card

INGREDIENTS

4 (6-ounce) salmon fillets, skin on or off (about 1-inch thick)
1 tablespoon olive oil
1 teaspoon garlic powder
1/2 teaspoon dried dill (or 1 tablespoon fresh dill, chopped)
1/2 teaspoon smoked paprika
Salt and freshly ground black pepper to taste
Lemon wedges, for serving
Fresh parsley or dill, chopped, for garnish (optional)

DIRECTIONS

- 1.** Preheat : Oven & Prep Pan: Preheat your oven to 400°F (200°C). Line a baking sheet with parchment paper or aluminum foil for easy cleanup.
- 2.** Prepare : Salmon: Pat the salmon fillets thoroughly dry with paper towels. This helps the seasonings adhere and promotes a nice texture. Place the salmon fillets on the prepared baking sheet.
- 3.** Season : Salmon: In a small bowl, whisk together the olive oil, garlic powder, dried dill, smoked paprika, salt, and black pepper. Brush this mixture generously over the top and sides of each salmon fillet.
- 4.** Bake: Bake for 12-18 minutes, depending on the thickness of your salmon and your desired level of doneness. For a 1-inch thick fillet, aim for 12-15 minutes for medium-rare to medium (flaky but still moist).
- 5.** The salmon is done when it flakes easily with a fork and reaches an internal temperature of 145°F (63°C) at its thickest part.
- 6.** Rest & : Serve: Remove the baking sheet from the oven. Let the salmon rest on the pan for 2-3 minutes before serving. This allows the juices to redistribute, ensuring maximum tenderness and flavor. Serve immediately with fresh lemon wedges and a sprinkle of chopped parsley or dill.

SWAPS & NOTES

Salmon Fillets: Wild-caught salmon often has a richer flavor.
Ensure your fillets are roughly the same thickness for even

cooking.

Oil: Extra virgin olive oil adds great flavor.

Herbs & Spices: Feel free to adjust the seasonings to your

preference.

TIPS FOR SUCCESS

This is the single most important tip for juicy salmon.

Salmon cooks very quickly, and overcooked salmon becomes dry and tough.

Use an instant-read thermometer if you're unsure.

Pat Dry: A dry surface promotes better seasoning adhesion and helps the salmon cook more evenly.

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

Original recipe: <https://chefmaniac.com/perfect-baked-salmon-flaky-flavorful-foolproof-every-time/>