

Choco Fever Dream

# 15-Minute Oven Baked Salmon

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| **5 min**<br>Prep time | **10 min**<br>Cook time | **15 min**<br>Total time |
| **4**<br>Servings | **Easy**<br>Difficulty | **Mediterranean**<br>Cuisine |

## Ingredients

### Main Ingredients

- [ ] 4 salmon fillets (about 6 oz each), skin on
- [ ] 2 tbsp olive oil
- [ ] 1 tsp sea salt
- [ ] 1/2 tsp black pepper
- [ ] 1 lemon, zest and juice
- [ ] 2 tsp fresh rosemary, finely chopped

### Optional Garnish

- [ ] Fresh dill sprigs
- [ ] Lemon wedges

## Instructions

1. Preheat the oven to 425°F (220°C) and line a rimmed baking sheet with parchment.
2. Pat the salmon dry, then place fillets skin-side down on the sheet; drizzle with olive oil and rub gently.
3. Season with sea salt, pepper, lemon zest, and sprinkle the chopped rosemary over the top.
4. Bake for 8-10 minutes, until the flesh flakes easily and the skin is lightly crisp.
5. Remove from oven, drizzle fresh lemon juice over each fillet, and let rest for two minutes.
6. Serve with optional dill and lemon wedges; enjoy while warm.

### Nutrition per serving

| 350 kcal | 38 g | 2 g | 18 g |
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| Calories | Protein | Carbs | Fat |

### Tips & notes

- If using thicker fillets, add an extra minute or two to the bake time.
- For extra crispness, switch the oven to broil for the last minute, watching closely.
- A drizzle of melted butter after baking adds richness without overwhelming the herbs.