

Choco Fever Dream

Garlic Butter Baked Salmon Recipe

10 min Prep time	**20 min** Cook time	**30 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 4 (6-oz) salmon fillets, skin on
- [ ] 4 tbsp unsalted butter, softened
- [ ] 3 cloves garlic, minced
- [ ] 1 tsp lemon zest
- [ ] 1 tbsp fresh lemon juice
- [ ] 1 tbsp chopped fresh parsley
- [ ] Salt and cracked black pepper to taste

Instructions

1. Preheat the oven to 400°F (200°C). Line a rimmed baking sheet with parchment.
2. In a small bowl, combine softened butter, minced garlic, lemon zest, lemon juice, salt, and pepper; mix until smooth.
3. Place the salmon fillets skin-side down on the sheet, then spread the garlic-butter mixture evenly over each piece.
4. Bake for 12-15 minutes, until the flesh flakes easily and the edges turn a light golden brown.
5. Remove from the oven, sprinkle chopped parsley, and serve immediately.

Nutrition per serving

420 kcal	38 g	3 g	28 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a crispier top, finish with a brief broil for 1-2 minutes.
- A dash of smoked paprika adds subtle depth without overpowering the garlic.
- For extra lemony brightness, zest a little more just before serving.