

Choco Fever Dream

Sheet Pan Lemon Garlic Butter Salmon

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

Ingredients

Main Ingredients

- [ ] 4 salmon fillets (about 6 oz each), skin on
- [ ] 2 lemons, thinly sliced
- [ ] 4 tbsp unsalted butter, melted
- [ ] 3 cloves garlic, minced
- [ ] 2 tbsp olive oil
- [ ] Salt and freshly ground black pepper, to taste
- [ ] 2 tbsp fresh parsley or dill, chopped

Instructions

1. Preheat the oven to 425°F (220°C). Line a sheet pan with parchment paper for easy cleanup.
2. In a small bowl, combine melted butter, minced garlic, olive oil, salt, and pepper; stir until smooth.
3. Place the salmon fillets skin-side down on the pan, brush each piece generously with the butter-garlic mixture.
4. Arrange lemon slices over and around the fish, then drizzle any remaining butter mixture over the lemons.
5. Roast for 12-15 minutes, or until the salmon flakes easily with a fork and the edges turn lightly golden.
6. Remove from oven, sprinkle fresh parsley or dill, and finish with a final squeeze of lemon juice.

Nutrition per serving

420 kcal	34 g	6 g	28 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a bit of crunch, switch the parchment for a lightly oiled foil sheet.
- Watch the salmon closely after 12 minutes; thinner fillets can finish quickly.
- For an extra burst of flavor, add a handful of capers on top before serving.