



Long Livo

15-Minute Oven Baked Salmon

5 min

Prep time

4

Servings

10 min

Cook time

Easy

Difficulty

15 min

Total time

Mediterranean

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

Calories

38 g

Protein

2 g

Carbs

18 g

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.