

Helergon Kitchen

# Oven Baked Salmon – 15-Minute Easy Weeknight Dinner

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| **10 min**<br>Prep time | **15 min**<br>Cook time | **25 min**<br>Total time |
| **4**<br>Servings | **Easy**<br>Difficulty | **American**<br>Cuisine |

## Ingredients

### Main Ingredients

- [ ] 4 salmon fillets (about 6 oz each), skin on
- [ ] 2 tbsp extra-virgin olive oil
- [ ] 1 lemon, thinly sliced
- [ ] 3 cloves garlic, thinly sliced
- [ ] Salt and freshly ground black pepper to taste

### For the Glaze

- [ ] 2 tbsp melted butter
- [ ] 1 tbsp fresh lemon juice
- [ ] 1 tsp honey
- [ ] 1 tsp chopped fresh dill (optional)

## Instructions

1. Preheat the oven to 425°F (220°C). Line a rimmed baking sheet with parchment; this will keep the glaze from spreading everywhere.
2. Place the salmon fillets skin-side down on the sheet, brush lightly with olive oil, and season with salt and pepper.
3. In a small bowl, whisk melted butter, lemon juice, honey, and a pinch of salt. Drizzle half of the mixture over the salmon.
4. Arrange lemon slices and garlic on top of each fillet, then pour the remaining glaze around the pan.
5. Bake for 12-15 minutes, until the salmon flakes easily. Finish with fresh dill, if using, and a squeeze of extra lemon.

### Nutrition per serving

| 350 kcal | 35 g | 8 g | 18 g |
|---|---|---|---|
| Calories | Protein | Carbs | Fat |

**Tips & notes**

- If you prefer a richer taste, substitute butter with a splash of coconut oil.
- For an extra crisp finish, broil for the last 2 minutes—watch closely.
- You can prepare the glaze ahead of time and store it in the fridge.