

Payday Recipes

# Lemon Herb Roasted Salmon

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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 | **Mediterranean**<br>Cuisine |

## Ingredients

- [ ] 4 salmon fillets (6 oz / 170 g each), skin-on
- [ ] 2 tablespoons olive oil
- [ ] 3 cloves garlic, minced
- [ ] 1 lemon, half thinly sliced, half for juice
- [ ] 1 tablespoon chopped fresh dill
- [ ] 1 tablespoon chopped fresh parsley
- [ ] 1 teaspoon salt
- [ ] 1/2 teaspoon black pepper

## Instructions

1. Preheat the oven to 400°F (200°C). Line a sheet pan with parchment.
2. Let the salmon sit at room temperature for 15 minutes. Pat the fillets very dry with paper towels.
3. Mix the olive oil, garlic, dill, parsley, salt, and pepper. Rub the mixture over the flesh side of each fillet.
4. Place the fillets skin-side down on the sheet pan. Lay lemon slices over the top of each fillet.
5. Roast 12-15 minutes, depending on thickness, until the salmon flakes easily with a fork but is still slightly translucent in the center.
6. Squeeze the remaining lemon half over the fish and serve immediately.

### Nutrition per serving

| 340 kcal | 36 g | 2 g | 20 g |
|---|---|---|---|
| Calories | Protein | Carbs | Fat |

**Tips & notes**

Pull the salmon when the center is still slightly translucent — carryover heat finishes it. Let the fish sit at room temperature for 15 minutes before roasting so it cooks evenly.