

Foodnity Recipes

Oven Roasted Salmon

Crispy-skinned, tender oven roasted salmon served with bright, fresh sides.

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

Ingredients

Main Ingredients

- [ ] 4 salmon fillets (6-oz each), skin on
- [ ] 2 tbsp olive oil
- [ ] 1 tsp sea salt
- [ ] ½ tsp freshly ground black pepper
- [ ] Zest of 1 lemon
- [ ] 2 tbsp fresh dill, chopped

Optional Topping

- [ ] Lemon wedges for serving
- [ ] Extra dill or parsley

Instructions

1. Preheat the oven to 425°F (220°C). Line a baking sheet with parchment.
2. Pat the salmon fillets dry, then rub both sides with olive oil.
3. Season the flesh side with salt, pepper, and lemon zest; place skin-side down on the sheet.
4. Roast for 12-15 minutes, until the skin is golden and the flesh flakes easily.
5. Remove, sprinkle fresh dill, squeeze a lemon wedge, and serve immediately.

Nutrition per serving

380 kcal	40 g	3 g	22 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you like a richer flavor, brush the skin with a little melted butter before roasting.
- For extra crunch, broil the skin for the last 2 minutes.
- Serve with a simple green salad or the avocado salad.