

Bite Spoon

Oven Baked Salmon: 15-Minute Easy Recipe

5 min Prep time	**15 min** Cook time	**20 min** Total time
4 Servings	**Easy** Difficulty	**Mediterranean** Cuisine

Ingredients

Salmon & Seasoning

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

Optional Glaze

- [ ] 1 tbsp honey
- [ ] 1 tsp Dijon mustard
- [ ] ½ tsp smoked paprika

Instructions

1. Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
2. Pat the salmon dry, then brush each fillet with olive oil on both sides.
3. Season with sea salt, pepper, and lemon zest; place fillets skin-side down on the sheet.
4. If you like a glaze, whisk honey, mustard, and smoked paprika, then brush lightly over the tops and bake.
5. Bake for 12-15 minutes, until the flesh flakes easily. Finish with fresh dill and a squeeze of lemon juice.

Nutrition per serving

350 kcal	35 g	5 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a no-skin fillet, the cooking time may drop by a minute.
- For extra crispness, start the salmon skin-side down on a hot skillet for 2 minutes before transferring to the oven.
- A quick drizzle of simple salmon marinade can be prepared ahead and brushed on before baking.