

Plate Dream

Baked Cilantro Lime Salmon With Avocado Salsa

15 min Prep time	**20 min** Cook time	**35 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 4 (6-oz) salmon fillets, skin on
- [ ] 2 tbsp olive oil
- [ ] 1/4 cup fresh cilantro, finely chopped
- [ ] Zest of 2 limes
- [ ] Juice of 1 lime
- [ ] Salt and freshly ground black pepper to taste

Avocado Salsa

- [ ] 2 ripe avocados, diced
- [ ] 1 small tomato, seeded and diced
- [ ] 1/4 cup red onion, finely minced
- [ ] 1 tbsp lime juice
- [ ] 2 tbsp fresh cilantro, chopped
- [ ] Pinch of salt

Instructions

1. Preheat the oven to 400°F (200°C). Line a baking sheet with parchment.
2. Pat the salmon dry, rub with olive oil, then sprinkle with cilantro, lime zest, salt, and pepper.
3. Place the fillets skin-side down on the sheet and bake for 12-15 minutes, until the flesh flakes easily.
4. While salmon bakes, combine avocado, tomato, red onion, lime juice, cilantro, and salt in a bowl; gently stir.
5. Remove salmon, give it a quick broil for 1-2 minutes for a golden top, then top each fillet with a generous spoonful of avocado salsa.

Nutrition per serving

420 kcal	35 g	12 g	22 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a crispier skin, start with the skin side up for the first 5 minutes, then flip.
- Allow the salsa to rest for a few minutes; the lime will mellow the avocado’s richness.
- For a smoky note, add a dash of smoked paprika to the salmon seasoning.