

Plate Dream

Baked Salmon With Lemon Butter Cream Sauce

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 unsalted butter, softened
- [ ] 1/4 cup heavy cream
- [ ] 1 lemon, zest and juice
- [ ] Salt and freshly ground black pepper to taste
- [ ] 2 tbsp fresh dill or parsley, chopped

Optional Garnish

- [ ] Lemon wedges for serving
- [ ] lemon crinkle cookies for a sweet finish (optional)

Instructions

1. Preheat oven to 400°F (200°C). Line a baking sheet with parchment; place the salmon fillets skin side down.
2. Season each fillet with salt and pepper, then drizzle a tiny bit of melted butter over the top.
3. In a small saucepan, melt the softened butter over low heat, add lemon zest, then stir in the heavy cream and lemon juice; simmer gently until slightly thickened.
4. Pour the lemon butter cream sauce evenly over the salmon, making sure each piece gets a glossy coat.
5. Bake for 12-15 minutes, until the salmon flakes easily with a fork and the sauce bubbles lightly.
6. Remove from oven, sprinkle fresh dill or parsley, and serve immediately with lemon wedges.

Nutrition per serving

420 kcal	34 g	4 g	28 g
Calories	Protein	Carbs	Fat

Tips & notes

- Avoid over-cooking; salmon turns dry quickly.
- If the sauce thickens too much, add a splash of warm water or extra cream.
- For a richer flavor, let the sauce sit for a minute before pouring over the fish.