

Plate Dream

Sheet Pan Lemon Garlic Butter Salmon

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 unsalted butter, melted
- [ ] 1 lemon, zest and juice
- [ ] 3 cloves garlic, minced
- [ ] 1 tbsp olive oil
- [ ] Salt and pepper to taste
- [ ] 2 tbsp fresh parsley, chopped
- [ ] 1 tbsp fresh dill, chopped

Instructions

1. Preheat your oven to 425°F (220°C). Line a rimmed sheet pan with parchment.
2. Pat the salmon dry, season both sides with salt and pepper, then place fillets skin-side down on the pan.
3. In a small bowl, whisk melted butter, lemon zest, lemon juice, minced garlic, and olive oil. Drizzle the mixture over each fillet, allowing it to pool around the edges.
4. Bake for 12-15 minutes, or until the salmon flakes easily with a fork and reaches 145°F (63°C).
5. Remove from oven, sprinkle chopped parsley and dill, and finish with an extra squeeze of lemon.

Nutrition per serving

420 kcal	38 g	4 g	28 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a little spice, add a pinch of red pepper flakes to the butter mixture.
- For extra crispiness, broil for the last 2 minutes—watch closely!
- Leave the skin on while baking; it protects the flesh and becomes nicely crisp.