

Helergon Kitchen

Garlic Butter Baked Salmon – Easy Weeknight Dinner

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

Ingredients

Main Ingredients

- [ ] 4 salmon fillets (about 6 oz each), skin on
- [ ] 3 tbsp unsalted butter, melted
- [ ] 3 garlic cloves, minced
- [ ] 1 tsp lemon zest
- [ ] 1 tbsp fresh lemon juice
- [ ] 2 tbsp chopped fresh parsley
- [ ] 1 tbsp olive oil
- [ ] Salt and black pepper to taste

Instructions

1. Preheat the oven to 400°F (200°C). Line a sheet pan with parchment paper; this keeps the salmon from sticking and makes cleanup easy.
2. In a small bowl, combine melted butter, minced garlic, lemon zest, lemon juice, and a pinch of salt and pepper; stir until fragrant.
3. Place the salmon fillets skin-side down on the pan, brush each piece generously with the butter mixture, and drizzle with olive oil.
4. Bake for 12-15 minutes, or until the salmon flakes easily with a fork; the top should be golden and the interior tender.
5. Remove from the oven, sprinkle chopped parsley over the fillets, and serve immediately with your favorite side.

Nutrition per serving

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

Tips & notes

- If you prefer a slightly crispier top, switch the oven to broil for the last 2 minutes—watch closely.
- A squeeze of fresh lemon just before serving brightens the buttery richness.
- For a smoky twist, add a pinch of smoked paprika to the butter mixture.