

Helergon Kitchen

Sheet Pan Lemon Garlic Butter Salmon

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

Ingredients

Main Ingredients

- [ ] 4 salmon fillets (about 6 oz each)
- [ ] 2 tbsp unsalted butter, melted
- [ ] 1 lemon, thinly sliced and zested
- [ ] 3 cloves garlic, thinly sliced
- [ ] 1 tbsp olive oil
- [ ] Salt and freshly ground black pepper to taste
- [ ] 2 tbsp fresh parsley, chopped

Instructions

1. Preheat your oven to 425°F (220°C). Line a sheet pan with parchment paper.
2. Place the salmon fillets on the pan, skin-side down, and drizzle with olive oil.
3. In a small bowl, combine melted butter, lemon zest, sliced garlic, salt, and pepper; pour over the fillets.
4. Arrange lemon slices on top of each piece, then bake for 12-15 minutes until the flesh flakes easily.
5. Remove from oven, sprinkle with fresh parsley, and serve immediately.

Nutrition per serving

420 kcal	35 g	5 g	28 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you like a richer sauce, add a splash of salmon marinade during the last few minutes of baking.
- For extra crispness, broil for 1-2 minutes after baking.
- Adjust lemon amount to taste; more zest brightens the butter.