

Baked Atlantic Salmon Fillet



Equipment:

Baking sheet
Parchment paper
Instant-read thermometer (optional, for accurate doneness)

Ingredients:

1 large Atlantic Salmon Fillet with skin
Olive oil
Salt & Pepper to taste
Lemon slices
Red onion slices
Dill
Garlic
Lemon wedges for serving

Directions:

Preheat oven to 450°F.
Line a rimmed baking sheet with parchment paper
Pat the salmon fillet dry with paper towels, this helps ensure the skin gets crispy.
Arrange the salmon fillet on the prepared baking sheet, skin-side down.
Brush the salmon all over with olive oil, then season generously with salt and pepper.
Add lemon slices, red onion slices, garlic, and dill.
Bake for 12-15 min, or until the salmon is cooked through and flakes easily with a fork.
For medium-rare, the internal temperature should be 120-130°F.
Remove the salmon from the oven and let it rest for a few minutes before serving.

Tips:

Let your salmon rest for 15-30 minutes before baking to ensure even cooking.
Salmon can dry out easily if overcooked.
Remove it from the oven when it's just cooked through.