

## 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.