

Baked Salmon in Foil

Savannah · 30/09/2024



Prep Time

40 mins

Difficult

Medium

Servings

6

Description

This baked salmon in foil is a delicious recipe I bought a large piece of wild salmon and made this when we had guests Very little prep and the fish came out wonderfully If your salmon fillet is very thick it may take longer to bake

Ingredients

- - ½ cup olive oil - 5 cloves cloves garlic
- minced or pressed through a garlic press - 2 ½ tablespoons fresh lemon juice
- or more to taste - 1 tablespoon brown sugar - 1 teaspoon dried oregano - 1 teaspoon dried thyme - salt and freshly ground black pepper to taste - aluminum foil - 1 teaspoon olive oil - 1 (3 pound) salmon fillet - ¼ cup chopped fresh parsley - 1 lemon
- sliced

Instructions

1. Preheat the oven to 375 degrees F (190 degrees C). Combine 1/2 cup olive oil
2. garlic
3. lemon juice
4. brown sugar
5. oregano
6. thyme
7. salt
8. and pepper in a bowl. Dotdash Meredith Food Studios Place a large piece of aluminum foil on a baking sheet and brush with 1 teaspoon olive oil. Place salmon
9. skin-side down
10. in the middle of the foil. Drizzle with olive oil mixture. Dotdash Meredith Food Studios Fold up the edges of the foil over salmon to create a packet
11. making sure to seal the edges. Dotdash Meredith Food Studios Bake in the preheated oven until fish flakes easily with a fork
12. 20 to 25 minutes. Garnish with fresh parsley and lemon slices.