

Baked Salmon in Foil



Serves 6

Prep 15 mins

Cooking 20 mins

Easy

Ingredients

850g boneless salmon (skin on or off, depending upon your preference)

5 sprigs fresh rosemary or fresh herbs of your choice; **do not use dried herbs**

2 small lemons divided + extra for serving

2 tbsp extra virgin olive oil

Salt & black pepper

Extra chopped fresh herbs such as basil, thyme, parsley

1. Remove the salmon from the fridge & stand at room temperature for 10 mins while preparing the other ingredients. Heat oven to 190C/Fan 170/Gas 5. Line a large baking dish or rimmed baking sheet with a large piece of aluminium foil.
2. Lightly coat the foil with baking spray, then arrange 2 sprigs of the rosemary down the middle. Cut one of the lemons into thin slices and arrange half the slices down the middle with the rosemary. Place the salmon on top.
3. Drizzle the salmon with olive oil & sprinkle with salt & pepper. Lay the remaining rosemary & lemon slices on top. Juice the 2nd lemon & pour the juice over the top.
4. Fold the sides of the foil up and over the top of the salmon until it is completely enclosed. If your piece of foil is not large enough, place a second piece on top and fold the edges under so that it forms a sealed packet. Leave a little room inside the foil for air to circulate.
5. Bake the salmon for 20 mins, until the salmon is almost completely cooked through at the thickest part. The cooking time will vary based on the thickness of your salmon. If your side is \pm 1-inch thick, check early to ensure your salmon does not overcook. If your piece is \pm 3.5 cm +, it may need longer until the centre of the thickest part reaches 45 degrees C.
6. Remove the salmon from the oven and carefully open the foil so that the top of the fish is completely uncovered. Put the tray under the grill, & grill for 3 mins, until the top of the salmon is slightly golden & the fish is cooked through. Watch it closely to make sure it doesn't overcook. Remove the salmon from the oven. If it still underdone, wrap the foil back over the top and let it rest for a few mins. Do not let it sit too long—salmon can go from "not done" to "over done" very quickly. As soon as it flakes easily with a fork, it's ready.
7. To serve, cut the salmon into portions. Sprinkle with more fresh herbs or top with an extra squeeze of lemon as desired.
8. **Notes:** This is best enjoyed the same day, as salmon dries out when reheated, but there are many ways to use leftover salmon! Try serving it room temperature over a salad the next day, mixing it with pasta, or flaking and scrambling it with eggs or make [fish cakes](#).