

# Best Oven-Baked Salmon



**Serves 4    Prep 10 mins**

**Cooking 40 mins**

**Easy**

## Ingredients

2 lemons, thinly sliced  
1 large skin-on salmon fillet (about 3 lb.)  
Kosher salt  
Freshly ground black pepper  
2 cloves garlic, finely chopped (optional)  
6 tbsp. unsalted butter, melted  
2 tbsp. honey  
1 tsp. dried oregano  
1 tsp. finely chopped fresh thyme  
Finely chopped fresh parsley, for serving

1. Preheat the oven to 200°C or 180°C fan. Line a large rimmed baking sheet with foil, then line foil with parchment to prevent interaction of lemon slices with foil. In centre of parchment, arrange lemon slices in an even layer. Cover the top with foil as well.
2. Season salmon with salt and pepper and arrange on top of lemon slices.
3. In a small bowl, whisk garlic butter (or extra virgin olive oil or a mixture), honey, oregano, & thyme. Pour over salmon, fold up parchment & foil around salmon, so there will be no spills.
4. Bake salmon until opaque, cooked through, and flesh easily flakes with a fork, about 25 mins until the salmon has reached an internal heat of 145 F or 63C. Open the top of the foil to expose the salmon before putting it under the grill. Turn on the grill to heat up while the salmon is cooking.
5. Grill the salmon, watching closely, until browned in spots, 4 to 6 mins