



JERNEJ KITCHEN

SIMPLE OVEN BAKED SALMON

Simple Oven Baked Salmon is made in under 30 minutes, with only 3 ingredients. Flaky, juicy, and incredibly easy recipe for a healthy meal.

SERVES	4	PEOPLE
PREPARATION:	5	MINUTES
BAKE:	20	MINUTES
TOTAL TIME:	25	MINUTES

SIMPLE OVEN BAKED SALMON

700 g (1.5 pound) whole fresh salmon fillet

2 tbsp olive oil

4 slices of unwaxed lemon

SERVE WITH (OPTIONAL)

[Gremolata Sauce \(Quick and Easy\)](#)

TOOLS AND EQUIPEMENT

paper towels

baking sheet

parchment paper

PREPARATION

Preheat the oven to 160 °C / 320 °F. If you are using a fan-assisted oven, preheat it to 145 °C / 290 °F. Line a baking sheet with parchment paper. Pat dry the fillet using paper towels and check if there are maybe any leftover pin bones in the fillet. If you find any, remove them using fish tweezers. Place the salmon fillet skin side down on the prepared baking sheet. Season with salt and pepper and drizzle with olive oil. Arrange four lemon slices on top.

BAKE AND SERVE

Transfer the fish into the oven and bake for 20 - 25 minutes at 160 °C / 320 °F or in a fan-assisted oven at 145 °C / 290 °F, or until a thermometer inserted into the thickest part of the fish registers 48°C - 50°C (118°F - 122°F). The salmon fillet is perfectly baked when it's soft, flaky, and separates easily with a fork. Divide between four plates and serve.