

Baked Salmon with Lemon and Dill

Ingredients (Serves 1)

- 1 (6 oz) salmon fillet (*with or without skin*)
- 1 lemon, sliced
- 1 tsp fresh dill, chopped
- Kosher salt or sea salt, to taste
- Ground black pepper, to taste

Instructions:

1. **Preheat the Oven:** Set your oven to 350°F (190°C). Line a baking sheet with parchment paper or lightly grease it with oil.
2. **Prepare the Salmon:** Place the salmon fillet on the prepared baking sheet, skin-side down. Season with kosher salt and ground black pepper.
3. **Add the Flavor:** Sprinkle fresh dill evenly over the salmon, then squeeze fresh lemon juice over the fillet for a bright, citrusy flavor.
4. **Bake:** Transfer to the oven and bake for 12–15 minutes, or until the salmon flakes easily with a fork and reaches an internal temperature of 145°F (63°C).
5. **Serve:** Remove from the oven and let it rest for a minute. Serve with extra lemon wedges on the side for a fresh burst of flavor.

Serving Suggestions:

- Pair with roasted vegetables, a side salad, mashed potatoes or steamed rice.
- Drizzle with a bit of melted butter or olive oil for added richness.

- Serve with a dollop of **creamy dill sauce** for an extra layer of flavor! 🍷
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