

Baked Salmon with Garlic and Dijon



Ingredients:

- 1 ½ lb salmon filet
- 2 Tbsp fresh parsley chopped
- 2 Tbsp light olive oil not extra virgin
- 2 Tbsp fresh lemon juice
- 3 garlic cloves pressed
- ½ Tbsp Dijon mustard
- ½ tsp salt we use sea salt
- ⅛ tsp black pepper
- ½ Lemon sliced into 4 rings

Method:

1. Preheat oven to 450°F and line a rimmed baking sheet with silpat or foil. Slice salmon into four portions and arrange them on a lined baking sheet, skin-side-down.
2. In a small bowl, combine 2 Tbsp parsley, 2-3 pressed cloves garlic, 2 Tbsp oil and 2 Tbsp lemon juice, ½ Tbsp Dijon, ½ tsp salt, and ⅛ tsp pepper.
3. Generously spread the marinade over the top and sides of the salmon then top each piece with a slice of lemon.
4. Bake at 450°F for 12-15 min or until just cooked through and flaky. Do not over-cook.