



Roasted Garlic Salmon

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| Serves: | Prep Time: | Cooking Time: | Calories: | Skill Level: |
| 4 People | 10 MIN | 15 MIN | | 10 |

Roasted garlic salmon is a simple and healthy dish made with tender salmon fillets infused with rich garlic flavor. Roasting enhances the natural taste of the fish while keeping it moist and flaky. This easy recipe is perfect for quick weeknight dinners or elegant meals. With minimal ingredients and preparation, roasted garlic salmon delivers a flavorful and nutritious dish in under 30 minutes.

Ingredients

- 4 salmon fillets
- 4 garlic cloves, minced
- 2 tablespoons olive oil
- 1 tablespoon lemon juice
- Salt and pepper to taste
- Optional: fresh parsley or dill

Recipe Summary

- Prep Time: 10 minutes
- Cook Time: 12-15 minutes

- Total Time: 20-25 minutes
- Servings: 4
- Course: Main Dish
- Cuisine: International

Cooking Method

Instructions

1. Preheat oven to **400°F (200°C)**.
2. Place salmon fillets on a lined baking sheet.
3. In a small bowl, mix garlic, olive oil, lemon juice, salt, and pepper.
4. Brush the mixture evenly over the salmon.
5. Bake for **12-15 minutes** until salmon is flaky and cooked through.
6. Garnish with fresh herbs if desired.
7. Serve immediately.

Cooking Tips

- Do not overcook to keep salmon moist
- Use fresh garlic for best flavor

- Add lemon slices for extra freshness

Variations

- Use roasted garlic instead of raw
- Add butter for richer flavor
- Add paprika or chili flakes for spice
- Top with parmesan for a crispy finish

What to Serve with Roasted Garlic Salmon

- Rice or quinoa
- Roasted vegetables
- Salad
- Garlic butter sauce

Storage

Store in an airtight container in the refrigerator for up to **2-3 days**.

Reheating

Reheat gently to avoid drying out.

Frequently Asked Questions

How do I know salmon is cooked?

It flakes easily with a fork.

Can I use frozen salmon?

Yes, thaw completely before cooking.

Can I grill instead of bake?

Yes, grilling works well.

Recipe Author

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