



Salmon with oregano

Suggested by Ayat



You will need

- 2 teaspoons olive oil
- 4 skinless salmon fillets, each 1-inch thick (6 ounces each)
- 1 tablespoon lemon juice
- 1 1/2 teaspoons lemon juice
- 1 teaspoon dried oregano
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1 tablespoon butter, cut into small pieces
- 1 teaspoon fresh parsley, chopped (optional)

Method

Preheat the oven to 375°F.

Use the oil to grease a shallow baking dish that is large enough to fit the fillets in a single layer. Arrange the fish in the dish and turn to coat with the oil. Sprinkle with the lemon juice, oregano, salt, and pepper. Dot with the butter and cover with foil.

Bake until the flesh is cooked through but still very juicy, 20 to 24 minutes. Serve topped with the pan juices and parsley (if using).

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