



Baked salmon



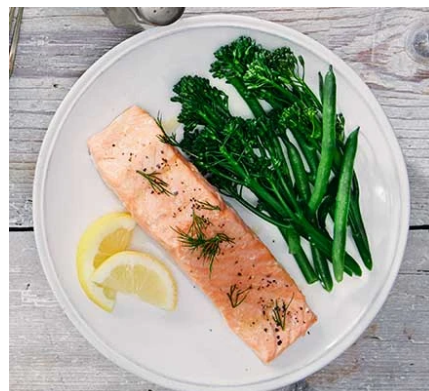
Prep: 5 mins
Cook: 15 mins



Easy



Serves 4



Ingredients

4 skinless salmon fillets

1 tbsp olive oil or melted butter

chopped herbs, lemon slices and steamed long-stem broccoli, to serve (optional)

Method

Step 1 Heat the oven to 180C/160C fan/gas 4. Brush each salmon fillet with the oil or butter and season well.

Step 2 Put the salmon fillets in an ovenproof dish. Cover if you prefer your salmon to be tender, or leave uncovered if you want the flesh to roast slightly.

Step 3 Roast for 10-15 mins (or about 4 mins per 1cm thickness) until just opaque and easily flaked with a fork. Serve with a sprinkling of chopped herbs, lemon slices and steamed long-stem broccoli, if you like.