

Salmon in the Oven

Perfect baked salmon recipe with herbs and mayo glaze. Easy oven method creates flaky, tender fish in just 15 minutes. Healthy weeknight dinner!

15 min

PREP

15 min

COOK

30 min

TOTAL

6

SERVINGS

Medium

DIFFICULTY

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Ingredients

- 6 salmon
- 2 tbsp mayonnaise
- 2 tsp lemon
- 2 tsp oregano
- 2 tsp chili flakes
- 1 bay leaf
- 1 tsp salt
- 1 tsp black pepper

Instructions

- 1 Prepare for baking**

Preheat oven to 375°F (190°C). Line a baking sheet with parchment paper.
- 2** Pat the 6 salmon fillets completely dry with paper towels. Remove any visible pin bones with tweezers.
- 3 Season the salmon**

Season both sides of each fillet generously with salt and black pepper. Place fillets on the prepared baking sheet, spacing them evenly apart.
- 4** Spread 2 tablespoons mayonnaise evenly across the tops of all fillets using the back of a spoon, creating a thin coating on each piece.
- 5** Crumble the 1 bay leaf into small pieces. Sprinkle the crumbled bay leaf, 2 teaspoons lemongrass, 2 teaspoons dried thyme, 2 teaspoons red pepper flakes, and 1 teaspoon garlic powder evenly over the mayonnaise-coated salmon.
- 6 Bake the salmon**

Bake for 12-15 minutes, until the internal temperature reaches 145°F (63°C) and the fish flakes easily when tested with a fork at the thickest part.
- 7** Remove from oven and let rest for 2-3 minutes before serving.

Tips

Choose salmon fillets of similar thickness to ensure even cooking throughout all portions.

Pat the salmon completely dry with paper towels before seasoning to help the herbs and seasonings adhere better.

Let the seasoned salmon rest at room temperature for 10-15 minutes before baking for more even cooking.

Line your baking sheet with parchment paper to prevent sticking and make cleanup easier.

Use a meat thermometer to check for doneness - the internal temperature should reach 145°F (63°C) in the thickest part.

Don't flip the salmon during baking; the mayonnaise coating creates a beautiful crust on top while the bottom stays moist.

Allow the cooked salmon to rest for 2-3 minutes after removing from the oven to redistribute juices.

For crispy skin, start with skin-side down and don't move the fish during cooking.