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How to bake salmon in foil at 400

The easiest foil dinner! Simply bake directly into your foil package. Fast, easy, and effortless with seriously zero cleaning!! You know I can never resist a good aluminum foil dinner. Because really, at the end of the day, and literally, at the end of the night, nobody wants to make a lot of dirty dishes. And I've said it a million times before. Serve your dinner in the foil package as is. That's not a disgrace. I promise. [adthrive-in-post-video-player video-id=TKGhon7t upload-date=2017-02-27T19:48:59.000Z damn delicious name – Garlic Butter Salmon in Foil description=Garlic Butter Salmon in foil by Damn Delicious player-type=default override-embed-default type\]](#) incoming garlic butter salmon in Foil 10 minutes 15 minutes [Chungah Rhee 1/2 cup unsalted butter, melted 1 tablespoon brown sugar 1 tablespoon lemon juice 3 cloves, garlic, chopped garlic 1/2 teaspoon dried oregano 1/2 teaspoon dried thyme 1/2 teaspoon dried rosemary kosher salt and freshly ground black pepper, to taste 2 pounds of salmon 2 tablespoons chopped fresh parsley leaves Preheat oven at 375 degrees F. Line a baking sheet with foil. In a small bowl, combine butter, brown sugar, lemon juice, garlic, oregano, thyme, rosemary, salt and pepper to taste. Place the salmon on the prepared baking sheet and fold the 4 sides of the sheet. Spoon the butter mixture over the salmon. Fold the sides of the sheet over the salmon, covering completely and sealing the closed package. Place in the oven and bake until cooked, about 15-20 minutes. Serve immediately, adorned with parsley, if desired. Instagram @damn_delicious and hashtag #damndelicious. Nutritional Data Size Per Serving Per Container 4 Quantity For Serving Calories 540.9 Fat Calories 337.5 % Daily Value* Total Fat 37.5g 58% Saturated Fat 16.8g 84% Trans Fat 1.3g Cholesterol 186.7mg 62% Sodium 104.6mg 4% Carbohydrate Total 3.8g 1% Dietary Fiber 0.3g 1% Sugars 2.4g Protein 45.5g 91% *Percentage Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. Baked salmon sounds elegant, but you won't believe how easy it is to cook salmon in the oven. It is one of the healthiest ways to cook this nutritious fish. If you're looking for somewhere else to stay, you'll find it's a great place to stay. \(Netflix? Or make a delicious vegetarian side dish?\) There are only three steps to bake a salmon fillet, and it will take only 15 minutes. The best news: Cleaning is minimal, as long as you remember to line the baking dish or the foils with foil or parchment paper. \(Don't skip that step—trust us.\) Grab your nonstick spray, olive oil, salmon fillets \(6 to 8 ounces per person\), salt and pepper, and you're ready. \[Share on Pinterest\]\(#\) Preheat oven at 400 degrees. Line a tray or bake with foil or parchment and cover with non-stick spray. Dry the salmon with a paper towel. 2. Season \[Share in Pinterest\]\(#\) Drizzle salmon with approximately 1 tablespoon of olive oil. Sprinkle with salt and pepper to taste \(or any seasoning you like\). 3. Bake for 10 to 12 minutes \[Share on Pinterest\]\(#\) Bake in the top half of the oven for 10 to 12 minutes. Start checking for integrity around the 10-minute mark. Thicker rounding \(or multiple parts\) will take more time. You'll know it's ready when the meat flakes with a fork, but it's still translucent in the center. Better yet, use an instant reading thermometer to check the temperature in the center of the steak. When it reaches 125 degrees, transfer the steak to a plate and let it sit for 5 minutes before serving. 4. Serve \[Share on Pinterest\]\(#\) Squeeze a lemon wedge on top just before serving. If you have them, sprinkle with some chopped fresh herbs. And bon appétit, kitchen wiz. For a twist, try pan-sealing your salmon on the stove next time. 01/21/2008 We eat this all the time. Here's my tip, melt the butter in a frying pan and then add the breadcrums. Stir for about a minute, then put it in the Salmon. This causes the crunchy topping and butter to spread more evenly. 01/20/2004 Awesome! I used Honey Mustard because I was out of Dijon Mustard. He skipped the butter to save calories and baked it. Everybody loved it. Wait till you try it the day after when it's cold. Use leftovers in a salad! : 01/20/2004 Great! I like more mustard you ask for--- enough to cover well. I use a sweet dijon or rural country-style mustard. Homemade breadcrued crumbs the best -- you can leave thicker. Cook the top if you want the crispier coating or spray tops with a pump butter spray like Can't Believe It's Not Butter type--- coats better than melted butter and therefore brown better. It's still a good place to stay, but it's still a good place to be. It's also wonderful cold the next day for an aperitif or in a good salad! Thank you for sharing the recipe! It's a KEEPER! 01/20/2004 I thought salmon was dry and boring until I tried this recipe. It seemed a little soft after baking, so I roasted the top for 2 minutes and then it was perfect! I'm going to do this often and try the leftovers on salad as others have suggested. 01/20/2004 Wow! My first time cooking salmon, and it was amazing -- my](#)

man was impressed. I made breadcrutes from leftover Italian bread, added some crushed chopped almonds to the top of the steaks, drizzles some olive oil between them in the pan, in the oven for 13 minutes, then put them on the grill for another 2 minutes-perfect! 01/18/2003 Easy, Fast, Tasty, Nutritive, even Awesome Looking if you choose!! Due to the foil lining of the baking sheet, it is a very quick cleaning, and you can enjoy dinner to your liking. GREAT recipe!! 01/21/2004 Very indredients didn't overwhelm salmon; really let the flavors of salmon get through. The salmon was also perfectly chromocent and came out nice and moist. I also used olive oil instead of butter and added some fresh dill on top. 01/31/2011 For one serving for two I used two salmon fillets portions a combo of whole grain and dijon mustard (about one tablespoon or two each) salt and pepper and panko (Japanese) breadcrutes instead of italian style for additional crunch. Drizzled some olive oil on top of the panko instead of melted and baked butter. In my oven it only took 5-10 minutes in 400 and a few minutes under the grill to make the top a little crispy and golden. A great recipe, I'm going to do this again. 01/18/2003 Such easy and impressive results. I used this in orange more or less fish, as well with great results as well. 05/19/2003 I didn't care so much about this. My husband and I don't like fishing very much, maybe that's the problem. I used mahi mahi and low-fat marg. 1 of 100 Dijon Dianne Baked Salmon Fillets 2 out of 100 Dijon Scvn2005 Baked Salmon Fillets 3 of 100 Dijon Paolo85258 Baked Salmon Fillets 4 of 100 Dijon Baked Salmon Fillets Katie Jean Theobald 5 of 100 Baked Salmon Fillets Dijon Bwilliamdeal 6 of 100 Baked Salmon Fillets Dijon bd.weld 7 of 100 Baked Salmon Steaks Dijon Bbgiri101 8 of 100 Salmon Fillets Baked Dijon Paolo85258 9 of 100 Baked Salmon Fillets Said n Kandy Judkins Bowman 10 of 100 Dijon Chris Baked Salmon Fillets 11 of 100 Baked Salmon Fillets Dijon The Nunez Family 12 100 Baked Salmon Fillets Dijon Kathy Knope 13 out of 100 Baked Salmon Steaks Dijon td 14 of 100 Baked Salmon Fillets Dijon Michelle Berger 15 out of 100 Baked Salmon Steaks Dijon Sean Roberts 16 100 Salmon Baked Fillets Dijon mikesdesk 17 out of 100 Baked Salmon Fillets Dijon Alexandra 18 out of 100 Salmon Baked Marshreed 19 of 100 Al Salmon Fillets Dijon Ender Mako oven 20 of 100 Dijon Rod Russell Baked Salmon Fillets 01/29/2019 Salmon was 2.5 pounds and the amount of liquid was fair. It took me 40 minutes to bake and make sure the center was cooked. He marinated it at night not wrapped in foil, but covered the plate with foil. It came out so delicious that everyone loved it. I didn't have fresh parsley, but the dry parsley worked very well. He'll bake again. 04/14/2019 My dad loves salmon, so I thought I would try this version on the foil package because sometimes when I cook right in the oven it seems dry this came out wonderful very tender and tasty. I had no oregano, so I left out and added parsley flakes on top before cooking. 07/30/2018 Not in the part of the search results, but I'm glad I had the patience to keep looking. This recipe is a gem, and as has been said, easy to make. Everyone at home loved it. The only thing I did differently was add some sliced onions on top of the steak before sealing the foil. But I'm sure there would also be great without him. 11/09/2018 Awesome. I added red pepper flakes and about 1.5 tablespoons of honey. Then he topped with capers, because I love capers and salmon together. In addition, it used Himalayan pink salt instead of regular, ground pepper mixture for an additional flavor. Super tasty. He made a giant 4-pound steed and split into 1-ounce portions for lunch, bagged and frozen. It overheats at work very easily. 08/26/2018 I had no lemon juice, a little lemon zest is used. The husband loved it. Great simple recipe. 06/08/2020 Done exactly as written, just skipped the parsley. It was easy and delicious! 10/04/2018 This was delicious. I was looking for a flavored recipe and this delivered. Next time you could increase the brown sugar from 1 tablespoon to 1.5 just so that it is evenly distributed throughout the steak. 12/07/2018 Hubby and his son enjoyed it. I reduced the cooking time as I had smaller steaks I was using. They both said they'd like it again. 03/24/2019 He did it for the first time; I didn't have enough fresh garlic, so he also added garlic powder. 09/16/2019 I didn't think it tasted much.... I haven't been given a single WOW from anyone as far away as being tasty or something..... Quite disappointing..... 1 of 10 Baked salmon in Foil Lena 2 of 10 Baked salmon in foil barbara 3 of 10 Baked salmon in Foil barbara 4 of 10 Baked salmon in Foil Marianne 5 of 10 Baked salmon in Foil Lena 6 de10 Baked salmon in foil barbara 7 out of 10 Baked salmon in foil barbara 8 out of 10 Baked salmon in Foil Lena 9 of 10 Baked salmon at Thomas eubanks 10 out of 10 Salmon baked in Foil Lena Lena

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