



# Baked Salmon Fillet

(serves 6)

From heart health to brain happiness, salmon is one of nature's superfoods packed with high quality protein, vitamins, potassium, vitamin B12 and omega-3 fatty acids.

Luckily, salmon is also one of the most popular and versatile fish to cook. Easy to bake, grill, fry, stuff or poach, it's always available at the local fishmonger and is absolutely delicious.

Any time I walk into the local fish shop and notice there are fresher than fresh whole salmon available (at least two kilo in weight is preferable here), I always ask them to clean the fish up, fillet it and have the bones returned as they make the most delicious stock or soup. It is important though to talk to your fishmonger before purchasing the fish to make sure it is from a sustainable source, where the fishing methods used do not adversely impact the species itself or any part of the environment it lives in. That way, generations to come will be able to enjoy, and gain the nutritional benefits of, this beautiful seafood.

In my opinion, the best parts of the salmon are the beautiful fillets just begging to be cooked with respect, using only the freshest ingredients, and then shared with loved ones. My favourite way to cook them is to bake a whole fillet. Oh and one more thing, the below recipe calls for one salmon fillet only. Unless there are people coming round, I normally freeze the other fillet so that it's a hand for another dinner. All you would need to do is defrost it in the fridge and then continue as per the directions below – too easy, too good!

I hope you enjoy the recipe!

## Ingredients

1.2kg salmon fillet, deboned with skin on  
Half a large fennel bulb, finely sliced  
2 small or one large lemon, finely sliced  
Large handful fresh dill, roughly chopped

4 cloves garlic, finely sliced  
Drizzle of extra virgin olive oil  
Sea salt and freshly ground pepper to taste  
Extra lemon wedges to serve

## Method

1. Preheat the oven to 160C fan forced. Line a large oven tray with aluminium foil and lightly grease the foil.
2. Place the fillet on top of the foil and scatter the fennel, dill, lemon and garlic over the fish. Season with salt and pepper (to taste) and drizzle with the olive oil.
3. Place a piece of non-stick baking paper over the fish and then cover the whole tray with more foil.
4. Place in the oven and bake for 45 minutes or until the fish begins to flake when lightly pulled apart with a fork.
5. Serve with the extra lemon wedges and a fresh green salad on the side.