



## Slow Roasted Salmon

Slow roasting the salmon in the oven allows the fat in the flesh of the fish to slowly melt, with an incredibly moist outcome! Add herbs of your choice to impact the flavor.

### Ingredients

4 6-to 8-ounce boneless wild salmon fillets, or one whole fillet, approx. 24 oz.

1 tablespoon organic extra virgin olive oil

1 tablespoon chopped fresh thyme, rosemary, or dill

Zest of one lemon

Sea salt

Freshly ground black pepper (optional)

### Directions

Preheat oven to 275 degrees F. Line a baking sheet with parchment paper and brush with 1/2 tablespoon of oil. Place salmon fillet(s) skin side down on prepared baking sheet.

Mix remaining oil, lemon zest and herbs in a small bowl and spread the mixture over the salmon. Season with salt and pepper, if desired.

Bake salmon until just opaque in the center, approximately 16-18 minutes.

Enjoy!