

Zucchini Bread Recipes

Sheet Pan Lemon Garlic Butter Salmon

10 min Prep time	**20 min** Cook time	**30 min** Total time
4 Servings	**Easy** Difficulty	**Mediterranean** Cuisine

Ingredients

Main Ingredients

- [ ] 4 (6-oz) salmon fillets, skin on
- [ ] 2 lemons, zest and juice
- [ ] 4 cloves garlic, minced
- [ ] 3 tbsp unsalted butter, melted
- [ ] 2 cups mixed vegetables (broccoli florets, sliced carrots, zucchini rounds)
- [ ] 2 tbsp olive oil
- [ ] Salt and freshly ground black pepper to taste
- [ ] Fresh parsley, chopped for garnish

Optional Flavor Boost

- [ ] 1 tsp dried dill or thyme
- [ ] 1 pinch red pepper flakes

Instructions

1. Preheat the oven to 425°F (220°C) and line a sheet pan with parchment paper.



2. Place the salmon fillets skin-side down on the pan; arrange the vegetables around them.



3. In a small bowl, whisk melted butter, lemon zest, lemon juice, minced garlic, olive oil, and a pinch of salt and pepper.



4. Brush the butter mixture generously over the salmon and drizzle over the vegetables, ensuring everything is lightly coated.

5 Roast for 12-15 minutes, or until the salmon flakes easily and the vegetables are tender-crisp.



6 Remove from oven, sprinkle fresh parsley and optional dill; serve immediately with extra lemon wedges.



Nutrition per serving

420 kcal	38 g	12 g	24 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a milder lemon flavor, use only the zest and half the juice.
- For extra crispness, switch the oven to broil for the last 2 minutes—watch closely!
- This dish pairs beautifully with a simple quinoa pilaf or brown rice.