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## Baked Salmon in Parchment

We are all about easy! This meal is easy AND mess-free, so already you gotta be feeling some love. This fish dish is a ticket to Yums-ville, guaranteed. We used our Boater's Blend, but it would also be amazing with our [Korean BBQ](#), [Teriyaki Ginger](#), or [Fire & Water Fish Rub](#)!

### You will need:

- 1lb Wild Salmon Filet
- 1 Tablespoon [Boater's Blend](#)
- 2 Minced Garlic Cloves
- 1 Tablespoon Olive Oil
- 1 Tablespoon Butter
- Lemon slices and Wedges to taste
- Sea Salt to taste

Baking fish in foil is an amazing way to keep it moist and flavorful. There is some talk about the safety of baking in foil, so we've lined the foil with a piece of parchment paper. Place the salmon on one side of the parchment.

Preheat oven to 375F.

In a small bowl, melt the butter and add the olive oil and minced garlic. Give it a stir, then brush the salmon with the mixture. (You may have some left over if your filet is smaller). Then sprinkle the top with Boater's Blend, enough to give a light coating. Place a few lemon slices over the top, then bring the other half of the parchment/foil over the top so it covers the fish and fold the edges together to seal all the way around. Slide onto a cookie sheet and bake for 15-20 minutes, or until it reaches 145F.

Carefully unwrap the salmon, and if it needs a little more time, just put it under the broiler for 1-2 minutes.

Enjoy with our Everything Sizzle Pop Green Beans, over a salad, or with any other yummy veggie you wish. (Leftovers are amazing the next day....mix with a touch of mayo and serve with crackers.)

