

# Mediterranean Salmon Fillet



Yield: 2 Servings



## Ingredients:

Salmon fillet .....	1 small (¾ lb)	340 g
Salt and pepper .....	1 pinch of each	
Oregano, dried .....	¼ tsp	1.25 mL

## Instructions:

1. Preheat oven to 375°F (190°C)
2. Line a baking sheet with foil or parchment paper.
3. Sprinkle salmon with salt, pepper and oregano.
4. Transfer to lined baking sheet and bake for 10-15 minutes, until salmon reaches an internal temperature of 145°F (63°C).
5. Remove from oven and gently flake using two forks.
6. Use in your favourite salad or pasta dish.

## Culinary Notes:

- Salmon is fully cooked when white bubbles appear on the surface, the inner flesh is no longer translucent, and the flesh flakes easily when pressed with a fork.

