



Baked Salmon in Foil with Garlic, Rosemary and Thyme {Whole30, Keto}

This Baked Salmon in Foil with Garlic, Rosemary and Thyme is easy and out of this world delicious! An simple mix of melted ghee, garlic and fresh herbs (plus a little lemon) give this salmon fillet tons of flavor and a high oven temp even gets the skin a little crispy! It's perfect with all your favorite holiday side dishes and salads, plus quick to throw together.

Author: Michele Rosen

Prep Time: 12 minutes

Cook Time: 18 minutes

Course: Dinner, Lunch

Cuisine: keto, Paleo, Whole30

Keyword: keto, rosemary, salmon, seafood, thyme, whole30

Servings: 8 servings



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Ingredients

- 3 lb PrimeWaters Salmon Fillet**
- Sea salt and black pepper
- 6 Tbsp ghee melted
- 4 cloves Garlic minced
- 2 tsp fresh rosemary minced
- 2 tsp fresh thyme leaves
- 1 Tbsp Lemon juice
- 1 Tbsp parsley minced, for garnish

Instructions

1. Preheat your oven to 400° F and line a large baking sheet with foil, extra long to wrap the salmon later on. Spray the foil with avocado oil cooking spray.
2. In a bowl, whisk together the ghee, garlic, rosemary, and thyme. Pat the salmon dry and sprinkle all over on both sides with sea salt and black pepper.
3. Pour the ghee mixture over the salmon to evenly coat, rubbing the ghee on the skin underneath too to coat (it will crisp up a little this way). Sprinkle the lemon juice over the top of the salmon.
4. Wrap the salmon with the foil, using extra to cover the top. Bake near the bottom of the preheated oven for about 18-20 minutes or until just cooked through (exact cook time with depend on thickness*)
5. Unwrap the salmon so the top is completely exposed and switch the oven to "broil". Place the unwrapped salmon under the broiler for about 3-4 minutes, watching it to prevent burning, until the top is browned to preference.
6. Remove from the oven, sprinkle with minced parsley and serve immediately. Enjoy! Store leftovers in a sealed container in the refrigerator for up to 3-4 days.