

Baked Salmon with Fried Onions

Crispy onion-topped baked salmon with garlic-infused oil and lime. A healthy, omega-3 rich dinner ready in 35 minutes with caramelized onions.

10	25	35	2	Medium
PREP MIN	COOK MIN	TOTAL MIN	SERVINGS	DIFFICULTY

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Ingredients

- 2 slice salmon
- 4 tbsp olive oil
- 3 clove garlic
- 2 bay leaf
- 1 lemon
- 1 red onion
- 1 tbsp sesame
- 1 tsp salt

Instructions

- 1 Preheat oven to 190°C (375°F).
- 2 **Prepare the garlic oil**
Heat 4 tablespoons olive oil in a small saucepan over medium-low heat. Add 3 cloves minced garlic and cook for 2-3 minutes until fragrant but not browned.
- 3 Remove garlic oil from heat and set aside to cool slightly.
- 4 **Season and bake salmon**
Place 2 salmon fillets in a baking dish and brush with half the prepared garlic oil. Season both sides with salt and pepper.
- 5 Bake salmon for 12-15 minutes until it flakes easily with a fork and reaches an internal temperature of 63°C (145°F).
- 6 **Make caramelized onions**
While salmon bakes, heat remaining garlic oil in a large skillet over medium heat. Add 1 sliced onion and cook for 15-20 minutes, stirring occasionally, until deep golden brown and caramelized.
- 7 Add 1 tablespoon sesame seeds to the caramelized onions and cook for 1 minute until lightly toasted and fragrant.
- 8 **Serve**
Transfer salmon to serving plates and top each fillet with the caramelized onion and sesame seed mixture. Serve immediately.

Tips

Pat salmon fillets completely dry before seasoning to ensure proper browning and prevent excess moisture during baking.

Keep the salmon skin on during cooking – it acts as a natural barrier that prevents the fish from drying out and helps maintain the fillet's shape.

Cook onions low and slow for the best caramelization – rushing the process with high heat will burn them rather than develop sweet, complex flavors.

Use an instant-read thermometer to check doneness – salmon is perfectly cooked when it reaches 125-130°F (52-54°C) in the thickest part.

Infuse the olive oil with garlic and bay leaves for at least 5 minutes to develop maximum flavor before using.

Add sesame seeds to the caramelized onions only in the last minute of cooking to prevent them from burning.

Let the cooked salmon rest for 2-3 minutes before serving to allow juices to redistribute throughout the fish.

Choose salmon fillets of similar thickness to ensure even cooking – aim for pieces that are 1-1.5 inches thick.