



OVEN BAKED SALMON WITH LEMON & CAPER SAUCE

Deliciously flaky and pink salmon fish recipe. A beautifully fresh, light & nutritious over baked salmon recipe. With a delicious & yoghurt lemon and caper topping, this sauce for salmon is a must have for any occasion.



EASY



10 MINS



15 MINS



8

Ingredients

- 4 x 180g salmon fillets
- 1 cup Greek yoghurt
- 2 tsp capers, rinsed and chopped
- 1 lemon

Instructions

1. Preheat oven to 180°C.
2. Combine the yoghurt, capers and 1 tbsp each of lemon zest and juice and season with sea salt and cracked pepper.
3. Onto a baking tray, place salmon fillets. Season with lemon juice and cracked pepper.
4. Bake for 15 minutes or until cooked to your liking.
5. Serve each fillet with a dollop of the sauce and a twig of fresh dill.