

Nori-Wrapped Salmon

Cooking Instructions

This is an all-in-one dish.

Salmon Cooking Method – Choose One:

Freezer to Oven: Replace lid with aluminum foil and bake covered at 350°F for approximately 35 minutes. Uncover and bake approximately 15 minutes more, until salmon is flaky throughout.

Thawed: Bake at 350°F, replacing lid with aluminum foil, approximately 25–30 minutes, until salmon is flaky throughout.

Internal temp: 155°F.

Serving Suggestions: White rice and Dinner Done Honey Carrots, or steamed spinach with garlic and olive oil. Merlot.

Please Note: Cooking times are estimates and vary based on your actual oven, as well as item thickness and starting temperature. For best results, always verify the internal temperature of your meals. We recommend instant-read pocket thermometers – they are inexpensive, convenient, and very easy to use.



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