Baked Salmon with Herbed Parmesan Crust

1 salmon filet, about 2 pounds, left whole

2 cloves garlic, finely minced

¼ cup chopped parsley

½ cup chopped Parmesan cheese

Place salmon, skin side down on a parchment lined baking sheet.

Cover fish with another piece of parchment paper and bake 10 minutes at 400.

Combine garlic, parsley and Parmesan.

Remove fish from oven and spread mixture on top.

Return to oven and bake until fish temperature reaches 135.

Remove from oven and let rest 5 minutes before serving.