



Air Fryer Salmon Recipe

Description

Salmon is a delicious and nutritious fish that is packed with omega-3 fatty acids and protein. If you're looking for a quick and easy way to cook salmon, using an air fryer is a fantastic option. Air frying salmon not only cuts down on cooking time but also reduces the amount of oil needed, resulting in a healthier and flavorful dish. In this blog post, we will guide you through a simple and mouthwatering air fryer salmon recipe.

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Ingredients:

- 2 salmon fillets
- 2 tablespoons of olive oil

- 1 teaspoon of garlic powder
- 1 teaspoon of paprika
- 1/2 teaspoon of salt
- 1/4 teaspoon of black pepper
- Lemon wedges, for serving

Instructions:

1. Preheat your air fryer to 400°F (200°C) for a few minutes.
2. In a small bowl, combine the garlic powder, paprika, salt, and black pepper. Mix well to create a seasoning blend.
3. Pat the salmon fillets dry with a paper towel to remove any excess moisture. This will help the seasoning to stick better.
4. Brush both sides of the salmon fillets with olive oil. Make sure to coat them evenly.
5. Sprinkle the seasoning blend over the salmon fillets, ensuring that they are fully covered. Gently press the seasoning into the fish to help it adhere.
6. Place the salmon fillets in the air fryer basket, skin-side down, making sure they are not overcrowded. If necessary, cook them in batches.
7. Cook the salmon in the air fryer for about 8-10 minutes, depending on the thickness of the fillets. The internal temperature should reach 145°F (63°C) for perfectly cooked salmon.
8. Once cooked, remove the salmon from the air fryer and let it rest for a couple of minutes.
9. Serve the air fryer salmon hot with lemon wedges on the side. Squeezing fresh lemon juice over the salmon adds a refreshing tang.

Tips:

- If you prefer a crispy skin on your salmon, you can lightly coat the skin with olive oil and cook it skin-side up in the air fryer. The skin will become crispy and delicious.
- Experiment with different seasonings to customize the flavor of your air fryer salmon. Lemon pepper, Cajun, or dill seasoning are all excellent choices.
- Make sure not to overcook the salmon, as it can become dry. Keep an eye on the cooking time and check the internal temperature with a meat thermometer if needed.

In conclusion, using an air fryer to cook salmon is a fantastic way to achieve a flavorful and healthy dish. This air fryer salmon recipe is quick, and easy, and yields perfectly cooked fillets every time. Whether you're a seafood lover or looking to incorporate more fish into your diet, give this recipe a try and enjoy a delicious meal in no time.

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Author

fryrecipe-com

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