

Choco Fever Dream

Air Fryer Salmon – Quick & Easy Recipe

10 min Prep time	**12 min** Cook time	**22 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 4 salmon fillets (6-oz each), skin on
- [ ] 2 tbsp olive oil
- [ ] 1 tsp sea salt
- [ ] ½ tsp cracked black pepper
- [ ] 1 lemon, sliced
- [ ] 2 tbsp fresh dill, chopped

Optional Glaze

- [ ] 1 tbsp honey
- [ ] 1 tsp Dijon mustard
- [ ] ½ tsp soy sauce (or coconut aminos)

Instructions

1. Pat the salmon fillets dry with a paper towel; a dry surface is key for crisp skin.
2. Brush each fillet lightly with olive oil, then sprinkle sea salt and cracked pepper evenly.
3. Place the fillets skin-side down in the air-fryer basket, making sure they do not touch.
4. Cook at 400°F for 10-12 minutes, flipping halfway through; the skin should turn golden and crisp.
5. If using the optional glaze, whisk honey, mustard, and soy sauce, brush over the fillets during the last 2 minutes of cooking.
6. Remove the salmon, drizzle fresh lemon juice, and scatter chopped dill and lemon slices before serving.

Nutrition per serving

350 kcal	35 g	5 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the skin isn’t crisp, increase the temperature by 10°F and add an extra minute.
- Avoid using parchment paper; it blocks airflow needed for crispness.
- For extra flavor, marinate the salmon in olive oil, salt, and herbs for 30 minutes before cooking.