

Plate Dream

Air Fryer Salmon - Best Damn 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 black pepper
- [ ] 1 tsp lemon zest
- [ ] 2 tbsp fresh dill, chopped
- [ ] 1 lemon, cut into wedges

Optional Glaze

- [ ] 1 tbsp honey
- [ ] 1 tsp Dijon mustard

Instructions

1. Pat the salmon dry with paper towels, then brush both sides lightly with olive oil.
2. Season the fillets with salt, pepper, lemon zest, and dill, focusing on the flesh side.
3. Place the fillets skin-side down in the preheated air fryer basket; cook at 400°F for 8-10 minutes.
4. If using the glaze, whisk honey and mustard together, brush over the fillets in the last 2 minutes of cooking.
5. Remove the salmon, squeeze fresh lemon juice over each piece, and let rest 2 minutes before serving.

Nutrition per serving

420 kcal	44 g	6 g	22 g
Calories	Protein	Carbs	Fat

Tips & notes

- Check for an internal temperature of 145°F for safe consumption.
- If the skin isn’t as crisp as you like, add an extra minute and watch closely.
- Serve with a side of roasted vegetables for a balanced meal.