

Plate Dream

Air Fryer Salmon – Quick, Healthy Dinner

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

Ingredients

Main Ingredients

- [ ] 4 salmon fillets (about 6 oz each), skin on
- [ ] 1 tablespoon olive oil
- [ ] 1 teaspoon sea salt
- [ ] ½ teaspoon garlic powder
- [ ] Zest of 1 lemon
- [ ] Juice of ½ lemon

Optional Garnish

- [ ] 2 tablespoons fresh parsley, chopped
- [ ] Lemon wedges for serving

Instructions

1. Pat the salmon fillets dry with paper towels; this helps the skin get crispy.
2. Brush each fillet lightly with olive oil, then sprinkle sea salt, garlic powder, and lemon zest evenly.
3. Preheat the air fryer to 400°F. Place the fillets skin-side down in a single layer; baked salmon gets a similar result.
4. Cook for 10-12 minutes, flipping halfway, until the internal temperature hits 145°F and the skin is golden.
5. Remove, drizzle with fresh lemon juice, garnish with parsley, and serve with lemon wedges.

Nutrition per serving

280 kcal	32 g	2 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a milder flavor, reduce the garlic powder to a pinch.
- For extra crunch, sprinkle a tiny amount of panko breadcrumbs before cooking.
- Leave the skin on; it protects the flesh and becomes wonderfully crisp.