

Air Fryer Salmon: Fresh and Frozen

Yields 2-3 Servings

INGREDIENTS

- 1 lb. fresh or frozen salmon
- 1 tablespoon olive oil
- 1/2 tablespoon lemon juice (from about 1/2 small lemon)
- 1 small clove garlic, grated or minced
- 1 teaspoon Dijon mustard
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground black pepper

DIRECTIONS

For the fresh salmon:

1. Cut salmon into desired filets (if not already cut).
2. Preheat air fryer to 390 degrees F.
3. In a small bowl, whisk together olive oil, lemon juice, garlic, mustard, salt and pepper until combined.
4. Brush salmon with marinade on all sides (except skin side).
5. Place salmon skin side down directly on air fryer basket.
6. Cook for 7-8 minutes, or until salmon reaches internal temperature of 145 degrees F.

For the frozen salmon:

1. Preheat air fryer to 390 degrees F.
2. Place frozen salmon skin side down directly on air fryer basket and cook for 7 minutes, or until defrosted.
3. Meanwhile, in a small bowl, whisk together olive oil, lemon juice, garlic, mustard, salt and pepper until combined.
4. Brush marinade all over defrosted salmon (except skin side).
5. Cook again for another 7-9 minutes, or until salmon reaches internal temperature of 145 degrees F.

**Recipe from karalydon.com*