

Long Livo

Air Fryer Salmon – Quick & Easy Recipe

10 min Prep time	**10 min** Cook time	**20 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 4 salmon fillets (about 6 oz each), skin on
- [ ] 2 tbsp olive oil
- [ ] 1 tsp sea salt
- [ ] 1/2 tsp black pepper
- [ ] 1 tsp paprika
- [ ] 1/2 tsp garlic powder
- [ ] Zest of 1 lemon
- [ ] Fresh dill for garnish

Instructions

1. Pat each fillet dry with a paper towel; this helps the skin crisp up.
2. Brush both sides lightly with olive oil, then sprinkle sea salt, pepper, paprika, and garlic powder evenly.
3. Place the fillets skin-side down in the air fryer basket, ensuring they do not touch.
4. Cook at 400°F for 8-10 minutes, or until the internal temperature reaches 145°F and the skin is golden.
5. Remove, sprinkle lemon zest and fresh dill, then serve immediately.

Nutrition per serving

350 kcal	34 g	4 g	20 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a milder flavor, reduce the paprika to 1/4 tsp.
- For a richer glaze, brush the fillets with a mixture of melted butter and honey in the last 2 minutes.
- Allow the salmon to rest for 2 minutes after cooking; the juices settle beautifully.