

## Bang Bang Salmon: The 20-Minute Dinner My Kids Beg For

If your dinner rotation needs a refresh,



**OVEN**  
**375°F**

**TIME**  
**5 min**

**METHOD**  
**Air fryer**

**PRINT**  
**Recipe Card**

### INGREDIENTS

For the Salmon:

- 4 salmon fillets
- 1 tbsp avocado oil (or olive oil)
- $\frac{1}{2}$  tsp salt
- $\frac{1}{2}$  tsp black pepper
- 1 tsp garlic powder
- 1 tsp paprika

For the Bang Bang Sauce:

- $\frac{1}{2}$  cup Kewpie mayo (or regular mayonnaise)
- $\frac{1}{3}$  cup sweet chili sauce
- 2 tbsp sriracha
- $\frac{1}{2}$  tsp lemon or lime juice

Instructions:

1. Season the Salmon:
2. Cook the Salmon:
3. Make the Bang Bang Sauce:
4. Serve:

Serving Suggestions & Pairings:

Steamed rice, sliced avocado, and roasted seaweed sheets

Cucumbers and a sprinkle of furikake seasoning

Wrapped in lettuce for a low-carb option

Paired with 3-ingredient egg wraps for a fun protein-packed wrap

Alongside sheet pan quesadillas for a family-friendly feast

#### Tips for Success:

Don't overcook the salmon-check for doneness early and adjust as needed based on thickness.

Use Kewpie mayo for extra tang and richness, but regular mayo works great too.

Add extra sriracha to the sauce for more kick, or tone it down for kids.

Make it a bowl: Add rice, cucumbers, shredded carrots, and drizzle with extra sauce.

#### Storage & Leftovers:

Fridge: Store leftover salmon and sauce separately in airtight containers for up to 3 days.

Reheat: Warm salmon in a skillet or microwave.

Sauce is best served at room temperature.

Repurpose: Flake leftover salmon into a wrap, salad, or on top of roasted veggies.

#### More Recipes You'll Love:

Easy Turkey Wings - rich, satisfying, and perfect for dinner

Sheet Pan Quesadillas - fun and easy for weeknights

## DIRECTIONS

1. **Season the Salmon:** Pat the salmon fillets dry and drizzle with avocado oil. Rub with salt, pepper, garlic powder, and paprika until evenly coated.
2. **Cook the Salmon:** Air Fryer: Preheat to 375°F. Cook for about 5 minutes per side, depending on thickness. Oven: Preheat to 375°F. Bake for about 7 minutes per side, or until the fish flakes easily and is golden on the edges.
3. **Make the Bang Bang Sauce:** In a bowl, whisk together mayonnaise, sweet chili sauce, sriracha, and citrus juice until smooth. Taste and adjust spice level if needed.
4. **Serve:** Drizzle or spoon the sauce generously over each cooked salmon fillet.
5. **Serving Suggestions & Pairings:** Create a full meal by serving Bang Bang Salmon with:
6. Steamed rice, sliced avocado, and roasted seaweed sheets
7. Cucumbers and a sprinkle of furikake seasoning
8. Wrapped in lettuce for a low-carb option
9. Paired with 3-ingredient egg wraps for a fun protein-packed wrap
10. Alongside sheet pan quesadillas for a family-friendly feast
11. **Tips for Success:** Don't overcook the salmon-check for doneness early and adjust as needed based on thickness.
12. **Use :** Kewpie mayo for extra tang and richness, but regular mayo works great too.
13. **Add extra sriracha to the sauce for more kick, or tone it down for kids.**

14. Make it a bowl: Add rice, cucumbers, shredded carrots, and drizzle with extra sauce.
15. Storage & Leftovers: Fridge: Store leftover salmon and sauce separately in airtight containers for up to 3 days.
16. Reheat: Warm salmon in a skillet or microwave. Sauce is best served at room temperature.
17. Repurpose: Flake leftover salmon into a wrap, salad, or on top of roasted veggies.
18. More Recipes You'll Love: If you enjoy flavorful, easy meals with a little kick, check out these favorites:
19. Easy : Turkey Wings - rich, satisfying, and perfect for dinner
20. Sheet : Pan Quesadillas - fun and easy for weeknights
21. Cajun : Chicken Sausage Gumbo - bold and comforting
22. Dorito : Casserole - great if you're feeding both picky and adventurous eaters
23. 3-Ingredient Egg Wrap - light and easy for low-carb lunches
24. Final Thoughts: This Bang Bang Salmon is quick, flavorful, and feels like a takeout treat-without the wait or mystery ingredients. Whether you bake it or air fry it, it's a guaranteed win at the dinner table (and yes, the sauce makes everything better).
25. Tried it? Tag @ChefManiac and let us know how your bang bang turned out!

## SWAPS & NOTES

, this dish is quick, easy, and absolutely addictive.

It's one of my kids' favorite meals-and I love it just as much because it's simple to prep, full of flavor, and works beautifully in the oven or air fryer.

Why I Love This Recipe Bang Bang Salmon combines everything I love in a meal: tender fish, bold flavor, and quick cook time.

The sauce is creamy and tangy with just the right amount of heat, and the salmon gets that irresistible golden finish with minimal effort.

## TIPS FOR SUCCESS

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Make it a bowl : Add rice, cucumbers, shredded carrots, and drizzle with extra sauce.

**More recipes: [ChefManiac.com](https://chefmaniac.com)**

Original recipe: <https://chefmaniac.com/bang-bang-salmon-the-20-minute-dinner-my-kids-beg-for/>