

Air Fryer Salmon - Dinner in 15 Minutes

The air fryer cooks the salmon quickly and evenly, resulting in a perfectly flaky texture.



OVEN
400°F

TIME
15 min

TEMP
145°F

METHOD
Air fryer

INGREDIENTS

- 2 salmon fillets (6-8 ounces each)
- 1 tablespoon olive oil
- 1 teaspoon garlic powder
- 1 teaspoon dried parsley
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- Lemon wedges for serving (optional)

DIRECTIONS

1. Preheat your air fryer to 400°F.
2. In a small bowl, mix together the olive oil, garlic powder, dried parsley, salt, and black pepper.
3. Place the salmon fillets on a plate and brush the seasoning mixture over both sides of the salmon.
4. Place the salmon fillets in the air fryer basket, skin side down.
5. Cook for 8-10 minutes, depending on the thickness of your salmon fillets. The internal temperature should reach 145°F for a medium-rare to medium doneness.
6. Once cooked, remove the salmon from the air fryer and let it rest for a few minutes before serving.
7. Serve with lemon wedges, if desired.
8. Pro tip: If your air fryer is small, you may need to cook the salmon in batches to avoid overcrowding the basket. You can also use parchment paper or aluminum foil to line the basket for easier cleanup.

TIPS FOR SUCCESS

Use fresh, high-quality salmon for the best results.

Frozen salmon can also be used, but make sure to thaw it completely before cooking.

Don't be afraid to experiment with different seasonings and herbs.

This recipe is versatile and can be customized to your taste preferences.

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

Original recipe: <https://chefmaniac.com/air-fryer-salmon-dinner-in-15-minutes/>