



LIFELINE RECIPES



January 2023



AIR FRYER SALMON

PREPERATION TIME:

5 mins

COOKING TIME:

8-10 mins

SERVES:

4

INGREDIENTS

1 tsp salt

1 tsp pepper

1 tsp mixed herbs

1 tsp garlic granules (optional)

4 salmon fillets (we used 4 x 130g fillets), skin on or removed

½ tbs olive oil

cooked seasonal greens and grains such as quinoa or brown rice, to serve (optional)

Salmon fillets cook beautifully in an air fryer and make a delicious meal when coated in a herb seasoning and served with greens and grains.

METHOD

STEP 1

Combine the salt, pepper, mixed herbs and garlic granules, if using, in a bowl, then scatter onto a plate. Rub each salmon fillet with a little olive oil and roll in the seasoning to coat.

STEP 2

Put in the air fryer basket in one layer and cook at 180C for 8-10 mins, until cooked through. If you have larger salmon fillets they will need to be cooked for longer – keep checking after 10 mins and cook in 1-2 min blasts, until ready. Serve with greens and quinoa or rice, if you like.