

COOKING FOR WELLNESS

Tasty Salmon Steaks – Air Fryer Recipe

Salmon Seasoning

- 1 tablespoon smoked paprika
- 1.5 tablespoons garlic powder
- 1 tablespoon brown sugar
- 2 teaspoons kosher salt
- 1 tablespoon dried thyme
- 1 teaspoon mustard powder
- 1 teaspoon black pepper

Air Fryer Salmon

- 1.5-lbs. salmon filet, sliced into 4 salmon steaks
- 1 tablespoon salmon seasoning
- 1 tablespoon olive oil

Instructions

1. Combine all the ingredients for the salmon seasoning. Set aside. You will likely have leftover salmon seasoning, so make sure to transfer the leftovers into a jar for later.
2. Preheat the air fryer to 400°F. Spray the air fryer basket with non-stick cooking spray.
3. Pat the salmon steaks with a paper towel to remove moisture and then sprinkle steaks with 1 tablespoon of salmon seasoning. Be sure each steak is coated in seasoning.
4. Place the salmon skin-side down in the air fryer. Drizzle the salmon with the remaining olive oil. Be sure the salmon steaks are not overcrowded or touching (two batches may be needed depending on the size of the air fryer).
5. Cook the salmon for 7-8 minutes at 400°F.
6. Use a fork to test to see if the salmon is done. If that salmon flakes apart easily, remove it from the air fryer. If the salmon is not done, cook it for 1-minute increments until it is done cooking.
7. Let the salmon rest for 5 minutes and enjoy.



Nutrition Information

1 salmon steak

322 calories, 4 gm carb, 12 gm fat, 48 gm protein



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