

Treasure Barrel

Best Damn Air Fryer Salmon Recipe

10 min Prep time	**12 min** Cook time	**22 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
- [ ] ½ tsp freshly cracked black pepper
- [ ] 1 tsp lemon zest
- [ ] 2 tbsp fresh dill, chopped

Optional Finish

- [ ] Lemon wedges for serving
- [ ] Extra fresh herbs for garnish

Instructions

1. Pat the salmon fillets dry with paper towels; this helps the skin get crisp.
2. Brush each piece lightly with olive oil, then season both sides with salt, pepper, and lemon zest.
3. Place the fillets skin-side down in the pre-heated air fryer basket; set to 400°F and cook for 10-12 minutes.
4. When the skin is golden and the flesh flakes easily, remove the salmon, drizzle with fresh lemon juice, and sprinkle chopped dill.
5. Serve immediately with your favorite side. For inspiration, try pairing with sliced potatoes or a bright salad.

Nutrition per serving

350 kcal	38 g	2 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer extra smoky flavor, add a pinch of smoked paprika during seasoning.
- Avoid moving the fillets during cooking; the skin needs a steady airflow to crisp.
- A quick squeeze of lemon right before serving lifts the richness.