

Helergon Kitchen

Air Fryer Salmon – Quick Easy 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 (6-oz each), skin on
- [ ] 2 tbsp olive oil
- [ ] 1 tsp sea salt
- [ ] ½ tsp freshly ground black pepper
- [ ] 1 tsp lemon zest
- [ ] 2 tbsp fresh dill, chopped

Optional Finish

- [ ] 1 lemon, cut into wedges
- [ ] Extra dill for garnish

Instructions

1. Pat the salmon fillets dry with paper towels; this is the quiet moment where the kitchen smells of fresh fish.
2. Brush each fillet lightly with olive oil, then sprinkle sea salt, black pepper, and lemon zest evenly.
3. Place the fillets skin-side down in the pre-heated air fryer basket. Cook at 400°F for 8-10 minutes, checking that the skin turns golden and crisp.
4. Remove, sprinkle fresh dill, serve with lemon wedges, and enjoy the gentle crackle as you plate. For a related twist, see our lemon butter salmon.

Nutrition per serving

350 kcal	34 g	2 g	20 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the fillets are thick, add an extra minute to ensure the center reaches 145°F.
- Do not overcrowd the basket; the air must circulate freely.
- A quick squeeze of lemon right before serving brightens the flavor.