

Air Fryer Salmon Bites

Oshkosh Community YMCA

These easy air fryer salmon bites are full of flavor and super easy to make! They are the perfect easy weeknight meal and pair wonderfully with your favorite veggies and sides!

INGREDIENTS:

- 1 lb salmon fillet
- 1/2 tsp salt
- 2 tbsp olive oil
- 1/2 tsp smoked paprika
- 1/2 tsp granulated garlic powder
- 1/2 tsp dried ground thyme
- 1/3 tsp dried ground sage



INSTRUCTIONS:

1. Place the salmon on a layer of paper towels and gently pat it to remove any excess moisture.
2. Place the salmon on a chopping block. With a sharp knife cut the salmon into 1-inch pieces and transfer to a large mixing bowl.
3. In a small bowl mix together olive oil, salt, smoked paprika, garlic powder, thyme and sage. Pour over the salmon chunks.
4. Gently toss salmon with oil and spices to thoroughly coat. Cover the bowl in plastic wrap and place in the refrigerator for 15-20 minutes.
5. Line the air fryer basket with parchment paper, or spray with non-stick spray. Arrange the salmon pieces in a single layer. There is no need to preheat the air fryer - the salmon cooks very quickly. Set the temperature to 325 and cook for 7-8

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Recipe source <https://werefarmfromnormal.com/air-fryer-salmon-bites>

minutes. Do not overcook the salmon bites or they will become dry. Your cook time may vary depending on the thickness of the salmon so keep an eye on it.

6. Remove from the air fryer and serve immediately.

Nutrition Information:

YIELD: 2 SERVING SIZE: 1

Amount Per Serving: CALORIES: 592 TOTAL FAT: 42g
SATURATED FAT: 7g TRANS FAT: 0g UNSATURATED FAT: 31g
CHOLESTEROL: 143mg SODIUM: 721mg CARBOHYDRATES: 1g
FIBER: 0g SUGAR: 0g PROTEIN: 50g

Nutrition is provided as a courtesy and is an estimate. If this information is important to you, please have it verified independently.