

Lemon and Dill Air Fryer Salmon



Ready in under 20 minutes, this simple recipe is sure to delight the whole family. Enjoy as is in fillets or chopped in a fresh salad, it's a versatile base for multiple decadent meals! For a complete, fibre-rich, and FODMAP-free meal, pair the fillets with this [Asian cucumber salad](#), this [mashed potato](#), or simply some steamed or air-fried bok choy.

Preparation 5 min
Cooking 12 min
Servings 4
Nutrition Facts (per serving)
Calories 225
Fat 15
Carbohydrates 0
Fibre 0
Protein 23
Sodium 230

Ingredients

- 1 lemon
- 60 ml (¼ cup) of fresh dill, chopped
- 1 green onion, green part only, thinly sliced

- Pepper, to taste
- 450 g (1 lb) of Atlantic salmon fillet, skinless, cut into 4 pieces

Preparation

1. Preheat the air fryer to 400°F (200°C).
2. In a small bowl, zest and juice half a lemon. Keep the other half in the refrigerator.
3. Stir in the dill, green onion, pepper, and salt.
4. Place the salmon pieces in the air fryer basket covered with parchment paper, then spread the marinade over the fillets.
5. Cook for 12 minutes, or until the salmon easily flakes with a fork.
6. Serve each portion with wedges of the remaining lemon half.

Notes

Keeps for 5 days in the refrigerator, in an airtight container. Freezes for up to 3 months.



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