

[Air Fryer Orange-Rosemary Haddock](#)



Simple, quick, and delicious, this air fryer haddock recipe will become one of your new weeknight favourites. Feel free to double or triple the recipe and freeze individual portions for a versatile protein base that supports cardiovascular health, muscle maintenance, and weight management.

For a complete meal, serve on a bed of wild rice and asparagus, or with bulgur and [maple-roasted Brussels sprouts](#)!

Enjoy!

Preparation 5 min

Cooking 12 min

Waiting 30 min

Servings 4

Nutrition Facts (per serving)

Calories 155

Fat 4

Carbohydrates 5

Fibre 1

Protein 25

Sodium 300

Ingredients

- 15 ml (1 tbsp) olive oil
 - 1 sprig fresh rosemary, finely chopped
 - 1 clove garlic, minced
 - Salt and pepper, to taste
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- 4 haddock fillets (about 150 g each)
 - Lemon wedges, for serving (optional)

Preparation

1. In a large bowl, mix all the marinade ingredients.
2. Add the haddock fillets and coat them well. Cover and marinate in the refrigerator for at least 30 minutes.
3. Place the fillets in the air fryer basket, lined with parchment paper, in a single layer.
4. Cook haddock at 350°F (180°C) for 10 to 12 minutes, or until the fish is opaque and flakes easily with a fork. Cook time may vary depending on the thickness of the fish fillets, so adjust as needed.

Notes

Keeps for 5 days in the refrigerator in an airtight container. Can be frozen for up to 3 months.



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