



Air Fryer Honey Mustard Salmon

Makes: 3 servings

Prep Time: 5 minutes Cook Time: 9 minutes

Total Time: 14 minutes

Ingredients

- 2 tbsp whole-grain mustard
- 1 & 1/2 tbsp honey
- 1 minced garlic clove
- pinch cayenne pepper, optional
- 3 (6 ounce) salmon fillets
- fresh thyme leaves for garnish
- kosher salt and pepper to taste

Instructions

Spray 6-quart air fryer basket with cooking spray and preheat to 400°F.

In a small bowl whisk together mustard, honey, garlic, and cayenne (if using).

Pat each salmon fillet dry with a paper towel and season with salt and pepper. Brush honey mustard generously over each salmon fillet. Carefully transfer to the preheated air fryer basket.

Air fry salmon for 8 to 9 minutes, until tender and flaky. Remove fillets from air fryer basket. Sprinkle with fresh herbs and serve.

Chef's Notes:

This recipe can easily be made in the oven if you don't have an air fryer. Simply set your oven to 375°F and roast for 12 to 15 minutes (depending on desired doneness), on a parchment lined baking sheet.

Air fryer salmon can be stored in an airtight container, in the refrigerator for up to 3 days. To reheat, preheat air fryer to 375°F and air fry salmon fillets for 2 to 3 minutes, until heated through.

Alternatively, preheat oven to 350°F. Place salmon fillets into baking dish and cover tightly with foil. Bake for 4 to 6 minutes, until heated through.

Tips and Tricks for Success:

Buy fillets that have about the same thickness for even cooking.

Pat the fillets with paper towels to dry. This will help to prevent the salmon from steaming, which would turn the fillets mushy instead of flaky.

Be generous with the honey mustard spread so a delicious crust can formed on top of each piece of fish.

Recipe from Spoon, Fork, Bacon