



Air Fryer Salmon

[Table of Contents](#)



- [Air Fryer Salmon](#)

## Air Fryer Salmon

Introducing Air Fryer Bang Bang Salmon, a delectable and nutritious dish that blends the crispy texture of air frying with the irresistible Bang Bang sauce. Below is a recipe along with some helpful notes to guide you through preparing this tantalizing meal.

Ingredients:

For the Salmon:

- 2 salmon fillets (approximately 6-8 ounces each)
- 1 tablespoon of olive oil
- Salt and pepper, to taste
- Cooking spray (for greasing the air fryer basket)

For the Bang Bang Sauce:

- 1/2 cup mayonnaise
- 2 tablespoons sweet chili sauce
- 1 tablespoon honey
- 1 teaspoon Sriracha sauce (adjust to your preferred spice level)
- 1 teaspoon lime juice
- 1 clove garlic, minced

Instructions:

- Preheat the Air Fryer: Heat your air fryer to 375°F (190°C) for approximately 5 minutes.
- Season the Salmon: Brush olive oil onto the salmon fillets and season both sides with salt and pepper.

- **Prepare the Air Fryer:** Lightly coat the air fryer basket with cooking spray to prevent sticking.
- **Air Fry the Salmon:** Arrange the salmon fillets in the preheated air fryer basket, skin-side down. Cook for about 10-12 minutes or until desired doneness is reached. Cooking time may vary based on the thickness of the fillets.
- **Make the Bang Bang Sauce:** While the salmon cooks, mix mayonnaise, sweet chili sauce, honey, Sriracha sauce, lime juice, and minced garlic in a small bowl until well combined.
- **Serve:** Once the salmon is cooked, transfer it to a serving plate and generously drizzle the Bang Bang sauce over the top.
- **Garnish:** For added flavor and presentation, garnish your Bang Bang Salmon with fresh chopped cilantro, sliced green onions, or sesame seeds.

#### Notes:

- **Salmon Fillet Thickness:** Cooking times may fluctuate based on the thickness of your salmon fillets. Adjust the cooking duration accordingly, noting that thicker fillets may necessitate a few additional minutes.
- **Air Fryer Variations:** Since air fryer models can differ, both in temperature and cooking time, it's advisable to refer to your air fryer's manual for specific instructions.
- **Bang Bang Sauce:** Customize the Bang Bang sauce to your liking. Increase Sriracha sauce for more heat or honey for added sweetness. Taste and adjust until it suits your preference.
- **Sides:** This dish complements various sides such as steamed rice, roasted vegetables, or a crisp salad.
- **Skin-on vs. Skinless Salmon:** Whether you choose skin-on or skinless salmon fillets is a matter of preference. Cooking skin-on salmon in the air fryer can yield crispy skin, adding an extra dimension to the dish.