

honey garlic air fryer salmon

MAKES 2 servings

RECIPE ADAPTED FROM: [Good Food Baddie](#)

PREP TIME: 5 minutes

COOK TIME: 10 minutes

2 salmon fillets

3 Tbsp coconut aminos or soy sauce

½ cup honey

4 garlic cloves, minced (or ½ tsp garlic powder, plus more to taste)

½ tsp crushed red pepper, optional

salt and pepper, to taste



COMBINE the coconut amino, honey, and minced garlic in a small bowl.

POUR half of the sauce over the salmon filets and season with salt, pepper and crushed red pepper.

IF TIME PERMITS, let the salmon marinate in the fridge for 30 minutes.

LINE your air fryer basket with foil. Spray with oil to prevent salmon from sticking.

PREHEAT air fryer to 400°F for 3 minutes.

BASTE the salmon with the remaining sauce.

PLACE the salmon in the air fryer (skin side down).

COOK for 10-12 minutes depending on the thickness of the salmon. The salmon is done when it has a caramelized crust, easily flakes and falls apart with a fork. Internal temperature with an instant thermometer should read 145°F when it is fully cooked.

SERVE with your favorite sides and enjoy!

To make this recipe a complete meal, pair with asparagus and rice or quinoa. Asparagus can be cooked alongside the salmon in the air fryer. Season asparagus with a little salt, pepper and olive oil and add next to the salmon in the air fryer when there are 8 minutes left.