AMERICAN · LUNCH · DINNER

Air Fryer Salmon with Dijon and Paprika

25 min · Serves 4 · 298 kcal a serve · Video 5:26 · Downshiftology

Pescatarian · Paleo · Gluten-free ingredients · No dairy listed · No nuts listed

31 g protein and under 1 g net carbs a serve: salmon fillets with a Dijon, garlic and paprika crust and only a mist of oil. Very rich in omega-3 fats, vitamin D and B12.

Diet notes: Low carb (0.8 g net carbs) but not keto: 55% of the energy is from fat, and keto meals get about 60% or more.

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Ingredients 7 · SERVES 4

- [ ] 4 **centre-cut salmon fillets**, 170 g each
- [ ] 2 tbsp **Dijon mustard** (about ½ tbsp a fillet)
- [ ] 1 tsp **paprika**
- [ ] 1 tsp **garlic powder**
- [ ] ½ tsp **kosher salt**
- [ ] ¼ tsp **freshly ground black pepper**
- [ ] **olive oil spray**

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Fish, Mustard. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Lay the salmon on a plate and pat it dry with paper towel so the mustard will stick. 1:51
2. Spread about ½ tbsp Dijon mustard over the top of each fillet with a brush or the back of a spoon. 2:05
3. Season with the salt and pepper, then sprinkle generously with the garlic powder and paprika so the tops are well coated. 2:24
4. Spray the tops lightly with olive or avocado oil, which keeps the crust from drying out. 2:54
5. Air-fry two fillets at a time at 200°C for 8–10 minutes, until the salmon flakes with a fork. Repeat with the other two; the basket will be hot. 3:19

> **Tip** Don't crowd the basket: the air moving around each fillet is what gives the crust.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
298 kcal 1,250 kJ	31 g 61% of a day	1.4 g 0.8 g net · 0.1 g sugars 1% of a day	0.6 g 2% of a day	18 g 3.6 g saturated 23% of a day	460 mg 20% of a day

Energy from net carbs 1% · protein 43% · fat 56% — very low carb (under 10% of the energy from carbs)

High in (20%+ of a day) Omega-3 197% · Vitamin B12 159% · Selenium 107% · Vitamin D 75% · Vitamin B6 50% · Vitamin E 35%

Source of (10–19%) Potassium 12% · Magnesium 11% · Vitamin A 10% · Folate 10%

Recipe and video: Downshiftology on YouTube — youtube.com/watch?v=qbeZAN0mOi8. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/downshiftology-air-fryer-salmon-dijon