AMERICAN · DINNER · LUNCH

Air Fryer Salmon with Lemon and Dijon

15 min · Serves 4 · 314 kcal a serve · Video 3:36 · Natashas Kitchen

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

30 g protein and under 1 g net carbs a serve, and very rich in omega-3, vitamin D, B12 and selenium: salmon brushed with Dijon, lemon and garlic and air-fried in about 10 minutes. Paleo as written; for DASH, serve it with plenty of vegetables, as on its own it's just over the saturated-fat line.

Diet notes: Low carb (0.6 g net carbs) but not keto: 58% of the energy is from fat, and keto meals get about 60% or more.

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Ingredients 9 · SERVES 4

- [ ] 4 **salmon fillets**, 6 oz each
- [ ] 1 tbsp **olive oil**
- [ ] 1½ tsp **Dijon mustard**
- [ ] 1 tsp **lemon juice**
- [ ] ½ tsp **garlic powder**
- [ ] **Salt**: ½ tsp fine sea salt and ¼ tsp black pepper
- [ ] **Lemon zest**: zest of 1 lemon, to garnish
- [ ] **lemon wedges**, to serve
- [ ] chopped **parsley**, to garnish (optional)

Amounts in US 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. Whisk the olive oil, Dijon, lemon juice, garlic powder, salt and pepper into a glaze. 0:10
2. Grease the air fryer basket, lay the salmon in a single layer and brush the glaze generously over the fillets. 0:31
3. Air fry at 400°F, no preheating, for 7–10 minutes depending on thickness, until it flakes easily and reads 145°F. 0:44
4. Move to a platter, grate the lemon zest over, squeeze on some lemon juice, scatter with parsley and serve with lemon wedges. 1:05

Tip No air fryer? The same glaze works on salmon baked in a hot oven.

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
314 kcal	30 g	0.9 g	0.3 g	20 g	400 mg
1,310 kJ	61% of a day	0.6 g net · 0.2 g sugars	1% of a day	3.9 g saturated	17% of a day
		0% of a day		26% of a day	

Energy from net carbs 1% · protein 40% · fat 59% — very low carb (under 10% of the energy from carbs)

High in (20%+ of a day) Omega-3 197% · Vitamin B12 159% · Selenium 104% · Vitamin D 75% · Vitamin B6 49% · Vitamin E 36%

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

Recipe and video: Natashas Kitchen on YouTube — youtube.com/watch?v=FEyGxly8CsM. 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/natashas-air-fryer-salmon-lemon-dijon