

Harissa–Lime Salmon with Asparagus *(includes roasted potatoes recipe below)*

Air Fryer

Serves 2

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Ingredients

- 2 salmon fillets, 170 g each (total 340 g)
- 230 g asparagus, trimmed
- 1 tsp canola oil



Harissa Coating:

- 30 g mild harissa paste (divided)
- 1 Tbsp / 21 g honey
- ¼ tsp black pepper
- ⅛ tsp ground coriander
- 1 g salt + MSG blend (0.75 g salt + 0.25 g MSG)

Harissa–Lime Sauce:

- 60 g nonfat Oikos Greek yogurt
- 30 g mayonnaise
- 15 g remaining harissa paste
- 1 small clove garlic (5 g), grated
- 1 tsp lime zest
- 1 Tbsp / 15 g fresh lime juice
- 1–2 tsp water as needed

- Optional: lime wheels, fresh cilantro

Instructions

1. **Preheat air fryer to 190°C.**
2. Whisk **15 g harissa, honey, pepper, coriander, and salt + MSG blend.**
3. **Pat salmon dry** and coat evenly with the harissa mixture.
4. Toss **asparagus** with **canola oil** and a light pinch of **salt** (optional 0.5 g).
5. Arrange salmon and asparagus in air fryer basket (no parchment recommended).
6. Air fry at **190°C** for **6–8 minutes** until internal temperature reaches 48–52°C.
7. Whisk together **yogurt, mayonnaise, remaining harissa, garlic, zest, and lime juice.** Thin with water.
8. Serve salmon with sauce and garnish if desired.

Nutrition

Per Serving — Kcal: 515 | Protein: 43 g | Fat: 35 g | Sat. Fat: 6 g | Carbs: 15 g | Sugars: 11 g | Fiber: 2 g | Sodium: 490 mg | Omega-3: 2.2 g

Total Dish — Kcal: 1,030 | Protein: 86 g | Fat: 70 g | Sat. Fat: 12 g | Carbs: 30 g | Sugars: 22 g | Fiber: 5 g | Sodium: 980 mg | Omega-3: 4.4 g

Roast potatoes (cook before salmon and keep warm)

- Cube **potatoes** (2–3 cm pieces)
- Toss with:
 - 1 tsp **canola oil**
 - Pinch **salt + MSG blend**
- Air fry at **190°C** for **15–18 minutes**, shaking halfway.

After potatoes finish:

- Toss with **1 tsp lime juice**
- A pinch **smoked paprika**
- Small drizzle **olive oil**
- Fresh **parsley** or **cilantro**