

Greek Yogurt–Marinated Salmon ヨーグルトマリネサーモン

Air Fryer)

Serves 2

Ingredients ()

- 2 salmon fillets (240–300 g total) 鮭
- 120 g plain Greek yogurt ギリシャヨーグルト
- 1 T / 14 g olive oil オリーブオイル
- 1 T / 15 g Dijon mustard
- 2 tsp / 12 g brown sugar きび糖
- 2 tsp / 10 g grated fresh ginger しょうが
- 1 clove garlic (5 g), grated にんにく
- 1 tsp paprika
- ½ tsp salt + 1/8 tsp MSG (~3 g total)
- ¼ tsp black pepper
- 1–2 tsp lemon juice レモン汁
- Fresh dill (optional)



Instructions

1. Mix **marinade** ingredients until smooth.
2. Pat **salmon** dry and coat evenly.
3. **Marinate 1–4 hours refrigerated.**
4. Preheat air fryer **180°C (3–4 min)**.
5. Arrange salmon, remove excess marinade.
6. Cook **180°C** for **8–9 min.**
7. Finish **200°C** for **2–3 min.**
8. Finish with **lemon** and **dill**.

Air Fryer Vegetable Options

- **Asparagus** 200 g アスパラガス → **180°C 6–8 min** (1 tsp oil)
- **Zucchini** 200 g ズッキーニ → **180°C 8–10 min** (1 tsp oil)
- **Japanese eggplant** 200 g なす → **180°C 10–12 min** (2 tsp oil)

Notes / Variations

- **Lower sugar:** reduce to 1 tsp.
- **Better browning:** wipe marinade and reapply thin layer.
- **Japanese variation:** replace mustard with miso.
- **Substitute herbs:** shiso or scallions.

Nutrition (per serving)

Kcal: 380 | Protein: 34 g | Fat: 20 g | Sat Fat: 4 g | Carbs: 10 g | Sugars: 6 g |
Fiber: 1 g | Sodium: 600 mg | Omega-3: 2.2 g