

Air Fryer Salmon for Casseroles

- 300g salmon boneless filets

Preparation

- Pat dry.
- Lightly brush with 1 tsp olive oil オリーブオイル
- Season lightly pinch salt + MSG 塩+MSG & black pepper 黒こしょう

Air Fryer

Preheat:

- **180°C** for **3 minutes**

Cook:

- **180°C**
- **7–8 minutes** (Start checking at 7 minutes)

Rest

- After cooking **rest 5 minutes** to allow juices to redistribute.

Yield

300 g raw salmon will usually give approximately 240–260 g cooked flaked salmon

Flaked salmon can be refrigerated for up to 2 days
Store covered.

Note: For a Creamy Casserole

Cook the salmon slightly under rather than over.

For example:

- 180°C
- 7 minutes

instead of 9 minutes

The salmon finishes in the casserole and remains more succulent.

