

Miso Glazed Air Fryer Salmon Bites

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NUTRITION FACTS

Serving Size:

Serves 4 4-oz servings

Per Serving:

Calories: 239 Carbohydrates: 16g

Fat: 8g Protein: 25g

Prep Time: 10 minutes

Cook Time: 10 minutes

Total Time: 20 minutes

INGREDIENTS

- 16 oz salmon
- 1/4 C miso paste
- 2 1/2 Tbsp honey
- 2 Tbsp toasted sesame oil
- 1 Tbsp rice vinegar
- Juice from 1/2 lemon
- 1/8 tsp salt
- 1/8 tsp ground black pepper
- 1/4 tsp onion powder
- 1/4 tsp garlic powder
- Nonstick cooking oil spray (optional)

DIRECTIONS

1. Use a sharp knife to remove skin from salmon. Cut the salmon into cubes approximately 1 inch in size. Transfer to a large bowl and set aside.
2. In a medium sized bowl, add the miso paste, honey, toasted sesame oil, rice vinegar, lemon juice, salt, ground black pepper, onion powder and garlic powder. Mix together with a spoon until well combined.
3. Pour the miso mixture over the salmon and mix together with a spoon so the sauce is distributed evenly. Set aside.
4. Spray air fryer basket with nonstick cooking spray (optional) and preheat air fryer to 400°F for about 5 minutes while salmon marinates.
5. Transfer salmon to air fryer, making sure to pour all of the sauce over the salmon. Arrange the salmon in an even layer and air fry at 400°F for 10 minutes. Give the salmon a shake half way through and again when there are 2 minutes left to ensure even cooking. Salmon should be cooked to a minimum internal temperature of 145°F. Enjoy! I recommend adding the miso glazed salmon to a rice bowl with edamame, a handful of shredded cabbage and carrots, chopped cucumber, avocado topped with the remainder of the sauce from the air fryer and sesame seeds.

*Alternatively, salmon can be cooked in oven at 400°F on a baking sheet sprayed with nonstick cooking spray for approximately 15 minutes, flipping halfway through. Salmon should be cooked to a minimum internal temperature of 145°F.