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# Blackened Air Fryer Salmon Bites

PREP TIME 5 mins    TOTAL TIME 5 mins

SERVINGS 4 - 6 servings

These simple blackened air fryer salmon bites are served with a fresh salsa made from creamy avocado and cool cucumber. With pops of flavor from cilantro and green onion, these elements pair perfectly with the slightly spicy, crispy crust of the blackened salmon.

## INGREDIENTS

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### For the salmon:

- 1 1/2 - 2 pounds salmon bites
- Salt & pepper
- Granulated garlic (or garlic powder)

### For the salsa:

- 3 avocados (chopped)
- 1 English cucumber (seeded and chopped)
- 4 green onions (thinly sliced)
- 1/3 cup finely chopped cilantro
- 2 tablespoons lime juice
- 1 teaspoon minced garlic
- Salt & pepper (to taste)

## **INSTRUCTIONS**

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### **For the salmon:**

- 1** Preheat oven to 350° F and line a baking sheet with parchment paper.
- 2** Liberally season salmon filets with garlic, salt & pepper.
- 3** Bake for 20 - 25 minutes or until salmon has reached an internal temperature of 145° F.

### **For the salsa:**

- 1** In a large bowl, add salsa ingredients.
- 2** Stir to combine.

## **NUTRITION**

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**Calories: 501kcal Carbohydrates: 17g Protein: 38g Fat: 33g  
Cholesterol: 94mg Sodium: 671mg Fiber: 11g Sugar: 3g Vitamin C:  
22mg**