

Lightly Smoked Salmon fillets (4 oz)

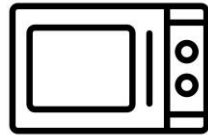


- Remove all packaging
- Follow below suggestions – NO need to season salmon as it already has sea salt
- All instructions are for **DEFROSTED** fillets*



AIR FRYER

- Preheat Air fryer according to instructions
- Place fillet in center of basket, skin side up, use parchment paper
- Heat for **4-6 min** at 374°F



MICROWAVE

- Place fillet in center of microwave, skin side down.
- Cook at max level for **2-3min** in total until salmon flakes easily with a fork. If the fish needs more cooking time, cook in 30-second until the salmon is cooked through to your liking.



SKILLET

- Add sunflower oil in pan
- Bring the oil to a temperature between 338°F and 390°F.
- Put the salmon in hot oil and cook for about **3-4 min.**
- Remove from the oil and let it rest on paper towel to eliminate excess fat and serve.



CONVENTIONAL OVEN

- Preheat the oven to a temperature of 350°F.
- In a pan, sauté the fillet with sunflower oil for 1min both sides
- Transfer the fillet to a foil-lined sheet tray coated lightly with vegetable oil with the skin facing down in the oven.
- Bake for about **3-4min** at 392°F.

“This salmon offers a firm, fatty richness, complemented by a beautiful pink hue and a captivating aroma.” *International Taste Institute*

Due to differences in appliances, cooking times may vary and require adjustment.