

Salmon fillet

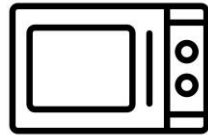


- Remove all packaging
- Follow below suggestions – NO need to season salmon as it already has sea salt
- All instructions are for **defrosted** fillets



AIR FRYER

- Preheat Air fryer according to instructions (400°F/200°C)
- Place fillet in center of basket, skin side up, use parchment paper
- Heat for **8'** at 190°C/374°F



MICROWAVE

- Place fillet in center of microwave, skin side down.
- Cook at max level for **4-5'** 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 175°C/350°F and 198°C/390°F.
- Put the salmon in hot oil and cook for about max 4' each side.
- 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 1' 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 4'-5' at 200°C /392°F.

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