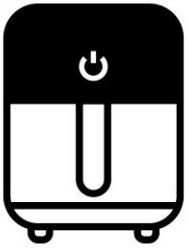


Salmon Steak



- Remove all packaging
- Fish NEEDS cooking
- Follow below suggestions
- All directions are for **defrosted** items



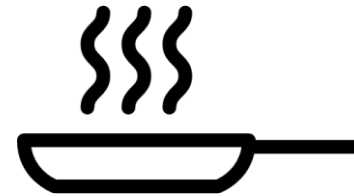
AIR FRYER

- **Preheat the air fryer** to 375°F (190°C).
- Coat the salmon steak with olive oil, salt, and pepper.
- Place the steak in the air fryer basket and cook for 10-12 minutes, flipping halfway through. The salmon should be golden and cooked to an internal temperature of 135°F (57°C).



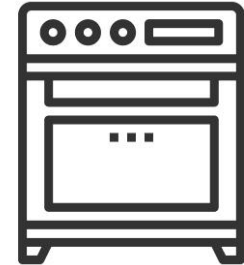
BBQ

- **Preheat the grill** to medium-high heat (around 375°F or 190°C).
- Brush the salmon steak with olive oil, salt, pepper, and fresh lemon juice.
- Lightly oil the grill grates. Place the salmon steak directly on the grill and cook for 4-5 minutes per side, flipping once, until grill marks form and the salmon is cooked through (about 10-12 minutes total).
- Remove from the grill and let it rest for a couple of minutes.



SKILLET

- **Preheat a skillet:** Heat a large non-stick or cast-iron skillet over medium-high heat and add a tablespoon of olive oil.
- Pat dry, season with salt, pepper, and a drizzle of lemon juice.
- Place the salmon steak in the hot skillet and cook for 4-5 minutes on each side, flipping once. The steak should be golden brown and crispy on the outside and fully cooked inside.
- **Optional:** Finish with a squeeze of lemon juice and serve immediately.



CONVENTIONAL OVEN

- **Preheat the oven** to 400°F (200°C).
- Pat the salmon steak dry and season with olive oil, salt, pepper, and any desired herbs like dill or thyme.
- Place the steak on a lined baking sheet or in a baking dish. Bake for 12-15 minutes, depending on thickness, until the internal temperature reaches 135°F (57°C) and the flesh flakes easily with a fork.
- **Optional:** Broil for the last 2 minutes for a crispy finish.

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