

Eat Happy Kitchen

Anna Vocino

BLACKENED SALMON (AIR FRYER OR OVEN)

(Serves 2-4)

- 1-2 pounds salmon filets (I usually estimate 1/2 pound of salmon per person)
- Olive oil spray or avocado oil spray
- 2 tablespoons EHK BBQ Dust
- 1/2 - 1 teaspoon ground cayenne (for extra heat, to taste)

Air fryer directions:

Spray salmon filets with olive oil spray. Whisk desired amount of cayenne into BBQ Dust and sprinkle spice mix onto the salmon to coat. Place salmon in air fryer and cook 5-7 minutes at 400 degrees. If using wild caught salmon, lessen your cook time, but if using farm raised salmon, cook for the full 7 minutes. Remove from air fryer and serve.

Oven directions:

Preheat oven to 400 degrees. Place salmon filets on a baking sheet and spray the filets with olive oil. Whisk desired amount of cayenne into BBQ Dust and sprinkle spice mix on the salmon to coat. Bake the salmon in the oven for 10-12 minutes, or until done through. Remove from oven and serve.

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