

## Air Fried Salmon and Greens For One

Serves: 1

Prep time: 6 Minutes

Cooking time: 8-10 Minutes

### Ingredients:

#### • Fish Parcel

- 1 x 120g-150g salmon fillet
- foil
- 1 clove garlic, grated
- 1 teaspoon mirin **\*see note below**
- 2 teaspoons rice wine vinegar **\*see note below**
- 1 tablespoons lemon juice

#### • Vegetable parcel

- 1 bunch broccolini
- 6 snow peas
- 1 cheek red capsicum, sliced
- drizzle sesame oil
- 1 tablespoons lemon juice

### Method:

#### • Preheat the Air Fryer for 3 Minutes 180°C

- In a small bowl mix garlic, mirin, rice wine vinegar and 1 tablespoon lemon juice
- Lay out a piece of foil large enough to wrap and seal the salmon
- Place the salmon in the middle of the foil, pour over the above lemon mixture. Carefully wrap and seal the parcel by folding the edger together
- Lay out a piece of foil, large enough to wrap and seal the vegetables
- Trim the broccolini stems, place the broccolini in the middle of the foil
- Add sliced capsicum and trimmed and halved snow peas to the vegetable foil parcel
- Drizzle a little of sesame oil and \*1 tablespoon of lemon juice
- Carefully wrap and seal the parcel by folding the edger together
- Carefully place both parcels into the pre heated air fryer and cook for 8 minutes, remove the salmon parcel from air fryer, carefully open the parcel to release the steam
- **Note:** If you prefer your vegetable crunchy remove at the same time as the salmon, otherwise place them back into air fryer and cook extra 2 minutes or until broccolini is just tender
- Carefully remove the vegetables and place onto a serving plate, top with pieces of the salmon
- Pour all the remaining juice (in foil parcels) over the salmon and vegetables
- **Serve and Enjoy!**
- **Note:** You can cook in regular oven 180°C for 10-12 minutes or until cooked to your liking  
You can substitute the **rice wine vinegar** with apple cider vinegar  
**Mirin** has a slight sweet flavour, you can substitute it with fruit juice or omit it all together



### **LOOKING FOR SOMETHING DIFFERENT**

*Try this plate full go goodness, fresh lemon flavoured crunchy greens topped with succulent moist salmon.. **Enjoy!***