

Hi there,

This Air Fryer Salmon & Vegetable recipe is easy to make and perfect topped on a garden salad or with a baked sweet potato as a dinner side.

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Enjoy!

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Certified Nutritional Health Coach living with Type 1 Diabetes



## Air Fryer Salmon & Vegetables

2 servings

30 minutes

### Ingredients

- 1 cup Mini Potatoes (halved)
- 1 cup Broccoli
- 1/2 Sweet Onion (chopped)
- 2 tsps Extra Virgin Olive Oil (divided)
- 3/4 tsp Smoked Paprika (divided)
- 2 bulbs Garlic (minced)
- 1/2 tsp Sea Salt (divided)
- 12 ozs Salmon Fillet (Fresh wild caught)

### Nutrition

Amount per serving	
Calories	388
Fat	16g
Carbs	24g
Fiber	4g
Sugar	6g
Protein	38g
Cholesterol	94mg
Sodium	692mg
Potassium	1426mg
Vitamin C	60mg
Calcium	75mg
Iron	3mg
Vitamin D	0IU
Folate	102µg
Vitamin B12	5.4µg
Magnesium	86mg
Zinc	2mg

### Directions

- 1 Preheat the air fryer to 400°F (205°C).
- 2 In a medium-sized bowl, toss the potatoes with half the oil, broccoli, and 3/4 of the smoked paprika, 1/2 of minced garlic, and half the salt.
- 3 Add the potatoes & broccoli to the air fryer and bake for 10 minutes, remove and flip and bake for eight to nine minutes longer, until cooked through and crispy. Remove and set aside.
- 4 Meanwhile, season the salmon with the remaining oil, smoked paprika, garlic and salt.
- 5 Place the salmon in the air fryer and bake for seven to nine minutes, depending on thickness, until flaky and cooked through to your liking.
- 6 Divide the salmon and potato combo onto plates. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Additional Toppings:** Top with chopped cilantro.