



Ashley's Meal Prep Monday!



Crispy Crunchy Salmon

INGREDIENTS

3 TBSP vegan mayo
1/2 TSP paprika
1/2 TSP garlic powder
1/4 TSP onion powder
1 TBSP fresh chives
1/2 lime juice
Salt/pepper

1 1/2 lb salmon filets in portions
4 1/2 TBSP gluten free bread crumbs
1 TBSP avocado oil
salt

Mix all ingredients together in one bowl, if you're feeling frisky, add 1/4 TSP cayenne pepper. Spread mixture evenly across all of the salmon filets. In a separate small bowl, mix breadcrumbs, oil and salt. Coat prepared salmon filets. Spray the wire rack in the air fryer with a little oil before placing filets in. This helps the skin not stick as bad (learn from my experience lol)

Air fry for 11 minutes at 375. Depending on how big your filets are, you may need to do two batches. You can top with more fresh chives and serve with your fav side dish.



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