



Air Fryer Salmon Nuggets

Savannah · 29/09/2024



Prep Time

35 mins

Difficult

Medium

Servings

4

Description

Crispy on the outside moist and tender on the inside these salmon nuggets are finished off with a sweet chipotlemaple drizzle These make a great appetizer and are also tasty served over greens Try and find centercut salmon filets that are at least 1inch thick I usually buy extra salmon and trim off the thinner outer edges saving for another use I like to use a Misto sprayer with my own oil but feel free to use regular cooking spray

Ingredients

- - 1 cup maple syrup - ¼ teaspoon ground dried chipotle pepper - 1 pinch sea salt - 1 ½ cups butter- and garlic-flavored croutons - 1 large egg - 1 (1 pound) skinless
- center-cut salmon fillet
- cut into 1 1/2-inch chunks - cooking spray

Instructions

1. Combine maple syrup
2. chipotle powder
3. and salt in saucepan and bring to a simmer over medium heat. Reduce heat to low to keep warm. Place croutons in the bowl of a mini food processor; pulse until crushed into fine crumbs. Transfer to a shallow bowl. Whisk egg in a separate bowl. Preheat the air fryer to 390 degrees F (200 degrees C). Sprinkle salmon lightly with sea salt. Lightly dip salmon into egg mixture
4. letting excess drip off. Coat salmon in crouton breading and shake off extra. Set on a plate and mist lightly with cooking spray. Spray basket of the air fryer with cooking spray. Place salmon nuggets inside
5. working in batches to avoid overcrowding
6. if necessary. Cook in the preheated air fryer for 3 minutes. Gently turn salmon pieces
7. spray lightly with oil
8. and cook until salmon is cooked throughout
9. 3 to 4 more minutes. Place on a serving platter and drizzle with warm chipotle-maple syrup. Serve immediately. Recipe Tips Keep nuggets warm in an oven on the lowest setting while air frying remaining nuggets. You can also serve the chipotle-maple syrup on the side as a dipping sauce.