

MAINS

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LEMON-RUBBED SALMON FILLETS

Salmon is brushed with olive oil and lemon juice, then dusted with paprika and garlic powder. It leaves the basket at 145 F (63 C), the safe point for fish.

SERVES	HANDS-ON	TOTAL
4	10 min	18 min

GLUTEN-FREE SHOPPING CHECK

Buy each of these with a gluten-free label.

- [ ] garlic powder
- [ ] paprika
- [ ] black pepper

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SERVES	HANDS-ON	COOK	TOTAL	SETTING
4	10 min	8 min	18 min	400 F (204 C)

The basket heats while you season, so preheat is not added on top of these times.

INGREDIENTS

- 4 salmon fillets (680 g)
- 2 tbsp (30 ml) olive oil
- 1 tbsp (15 ml) fresh lemon juice
- 1 tsp (3 g) garlic powder labeled gluten-free
- 1/2 tsp (1 g) paprika labeled gluten-free
- 1/2 tsp (3 g) kosher salt
- 1/4 tsp (0.5 g) black pepper labeled gluten-free
- 1 lemon (84 g), cut into wedges

> **Gluten-free:** Written so a reader with celiac disease can cook it when every packaged ingredient is one whose label says gluten-free. Read the package you actually buy. This page does not promise a meal with zero gluten.

METHOD

1. Heat the fryer to 400 F (204 C) while you blot the fillets dry.
2. Stir the lemon juice into the oil, brush both sides of each fillet, then dust them with paprika, salt, black pepper, and garlic powder.
3. Lay the fillets in one layer with space between them. If they will not all fit, cook them in two batches. If a fillet has skin, set that side against the basket.
4. Cook 4 minutes at 400 F (204 C). Turn any thick fillet that is still pale on top.
5. Cook up to 4 minutes more at 400 F (204 C), checking from the 6 minute mark. The center of the thickest fillet should read 145 F (63 C).
6. Serve with the lemon wedges.

NOTES

- Paprika and garlic powder need a gluten-free label. Fresh lemon does not.
- Stop at 145 F (63 C). Fish is done at that point, even if a thicker fillet needs the full 8 minutes.
- Tartar sauce is not part of this plate. The lemon wedges are the finish.