

Air Fry Brown Sugar Rubbed Salmon with Brussel Sprouts

Yield: 3 servings

Prep Time: 10 minutes

Cook Time: 17 minutes

Equipment: air fry basket, sheet pan, olive oil spray

Ingredients:

12 ounces (336 g) of salmon, cut into three fillets

1.5 pounds (680 g) brussel sprouts

¼ cup (50 g) brown sugar

1 teaspoon cumin

1 teaspoon chili powder

1 teaspoon salt

½ teaspoon pepper

½ teaspoon orange zest

¼ cup olive oil

Slices of orange (for serving)

1. Mix the brown sugar, dry spices and orange zest into a small bowl and whisk to combine.
2. Slice salmon into three fillets, and remove any bones that remain. With skin side down, rub the fillets (sides and top) generously with the sugar rub.
3. Trim off the ends of the brussels and slice each one in half. Place brussels in a large bowl, sprinkle with salt and pepper, and drizzle olive oil. Toss to coat evenly in the oil.
4. Set the air fry basket onto a sheet pan and generously spray the base of the basket with oil. Place the fillets into the air fry basket along one long side - close but not touching each other, and fill the other side of the basket with the brussels. NOTE: It's okay if the brussels slightly overlap in the basket.
5. Turn knob of the KitchenAid® Air Fry Countertop Oven to air fry, set the temperature to 425°F / 218°C, and set the timer to 18 minutes. When preheat is done, slide the basket into the lowest possible position with brussels placed closest to the back of the oven. There is no need to rotate the basket or flip the food while frying.
6. When the timer ends, portion the fillets and brussels onto plates for serving and squeeze a slice of orange over each fillet.

MAKES 3 SERVINGS

Nutrition - 1 Serving

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451 calories 25 g fat	30.3 g carbs 28.6 g protein 21.4 g sugars 4.8 g dietary fiber	50.4 mg cholesterol 864 mg sodium
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