

Air Fryer



Recipes with Wild Alaska Seafood





Eating More Seafood Just Got Tastier And Easier

Whether you are craving seafood or looking for ways to get more seafood into your diet, air-frying wild-caught seafood from Alaska is the smart move. We love the air fryer and you will too after you try these simple and delicious recipes — you don't even have to thaw from frozen if you don't have time.



Szechuan Alaska Salmon Bites and Garlicky Green Beans

SERVINGS: 4

Ingredients

- 1 ½ lbs wild Alaska salmon fillets, skin removed
- 2 tsp Szechuan Spice Mix
- Kosher salt and freshly ground black pepper
- ¼ cup low sodium soy sauce, divided
- 3 Tbsp orange marmalade, divided
- 1 Tbsp toasted sesame oil
- 2 tsp rice vinegar
- 1 lb trimmed green beans
- 2 large garlic cloves, minced
- 1 Tbsp avocado oil
- 2 tsp toasted sesame seeds

Preparation

1 Prep Szechuan Spice Mix and Air Fry Salmon.

Preheat an air fryer to 400°F. Cut salmon into 1-inch chunks. Place in a large bowl. Sprinkle salmon with Szechuan Spice Mix, ½ tsp each salt and pepper tossing well to coat evenly. Add 1 Tbsp each of soy sauce, marmalade and sesame oil, and toss again until well combined. Marinate, if desired, for up to 30 minutes. Place salmon chunks on a lightly greased air fryer basket in a single layer. Air fry flipping halfway, until golden brown, about 6 to 8 minutes. (Air fry in batches if needed for smaller air fryers.)

2 Prep Soy Marmalade Sauce. Heat remaining soy sauce, marmalade, and rice vinegar in a small saucepan over medium heat until slightly thickened, about 2-3 minutes. Remove salmon bites and toss gently with soy marmalade sauce. Cover to keep warm.

SZECHUAN SPICE MIX

Makes about ¼ cup

- 3 Tbsp Szechuan peppercorns
- 1 ½ tsp five-spice powder
- 1 tsp garlic powder
- 1 tsp ground ginger
- ½ tsp kosher salt

Toast the peppercorns, stirring often, in a dry skillet over medium-low heat until fragrant, about 2 minutes. Cool 5 minutes. Add peppercorns to a spice grinder with remaining ingredients and pulse until finely ground. Store in an airtight container up to 2 months.

3 Air Fry Green Beans. While salmon is cooking toss green beans with garlic and avocado oil. Season with salt and pepper to taste.

4 Serve. Divide green beans onto 4 serving dishes. Top with salmon and sprinkle with toasted sesame seeds. Serve with rice as an option.



Harissa Alaska Cod Rice Bowl

SERVINGS: 4

Ingredients

4 (6 oz each) wild Alaska cod fillets
2 Tbsp olive oil, divided
Kosher salt and freshly ground black pepper
¼ cup harissa pepper sauce
1 English cucumber, diced
1 large shallot, thinly sliced
1 garlic clove, minced
2 Tbsp lemon juice, divided
½ cup full-fat Greek yogurt
¼ cup fresh cilantro, finely chopped
2 naan flatbreads
1 Tbsp melted butter
3 cups cooked basmati rice
Lemon wedges

Preparation

- 1 Prep and Air Fry Cod.** Preheat an air fryer to 400°F. Pat cod fillets dry with paper towels. Brush all over with 1 Tbsp olive oil. Season fillets all over with 1 tsp each salt and pepper. Spoon 1 Tbsp of harissa onto each fillet, spreading lightly on top and sides. Carefully transfer fillets to a lightly greased air fryer basket. Air fry until golden brown, about 10 minutes. (Air fry in batches if needed for smaller air fryers.)
- 2 Prep Salad, Greek Yogurt Sauce and Naan.** Meanwhile toss together cucumber, shallot, garlic, 1 ½ Tbsp lemon juice and remaining olive oil. Season with salt and pepper to taste. Let stand 5 minutes. Mix yogurt, cilantro, and remaining lemon juice; season generously with salt and pepper to taste. Once fish has cooked, brush naan with melted butter. Remove fish and place bread in the air fryer. Cook at 400°F until warm and lightly toasted, about 2 minutes. Tear each flatbread in half.
- 3 Serve.** Divide rice into 4 bowls. Top evenly with fish, cucumber salad, yogurt mixture, and naan. Serve immediately with lemon wedges.
- 4 To Air Fry from Frozen.** Arrange unseasoned frozen fillets on a lightly greased air fryer basket. Air fry for about 3 minutes or until just thawed. Proceed with recipe as directed.



Greek Tavern Alaska Pollock Fries

SERVINGS: 4

Ingredients

20 breaded wild Alaska pollock fish sticks
½ cup full-fat Greek yogurt
2 Tbsp mayonnaise
1 Tbsp lemon juice
1 large garlic clove, finely grated
Kosher salt and freshly ground black pepper
1 lb frozen French fries
1 Tbsp avocado oil
2 ½ tsp shawarma seasoning blend
1 large Roma tomato, seeded and diced
¼ cup red onion, finely chopped
⅓ cup crumbled feta cheese
2 Tbsp fresh dill, chopped
2 Tbsp fresh parsley, chopped
Lemon wedges

Preparation

- 1 Cook Pollock Fish Sticks.** Preheat an air fryer to 450°F. Place frozen fish sticks in a single layer on a lightly greased air fryer basket. Air fry at 450°F for 6 minutes. Carefully flip sticks over and air fry until golden and crisp, about 6 more minutes. Remove and set aside.
- 2 Make Greek Sauce.** While fish is cooking stir together yogurt, mayonnaise, lemon juice, 1 Tbsp water, and garlic. Season with salt and pepper to taste. Set aside.
- 3 Cook French Fries.** Toss fries with oil. Toss again with seasoning blend and salt and pepper to taste. Scatter in an even layer on air fryer basket. Air fry for 8 minutes. Toss fries again and air fry until golden, about 8 more minutes. Add fish on top of fries and air fry 2-3 minutes to rewarm.
- 4 Serve.** Transfer fish and fries to a large platter. Drizzle with yogurt sauce and sprinkle with tomatoes, onion, feta, and herbs. Serve immediately with lemon wedges.



Air Fryer Alaska Salmon Rub 3 Ways

SERVINGS: 4

Ingredients

- 4 (6 oz each) wild Alaska salmon fillets
- 2 tsp avocado oil
- Take your pick of Seasoning Blends 3 Ways
- 2 Tbsp melted butter
- Lemon or lime wedges

Preparation

- 1 Prep Seasonings and Air Fry Salmon.** Preheat an air fryer to 400°F. Pat salmon fillets dry with paper towels. Brush oil all over salmon. Mix together desired seasoning blend and generously sprinkle onto salmon on all sides. Place salmon fillets in a lightly greased air fryer basket, skin-side down. Air fry until salmon is golden brown and just cooked through about 8-10 minutes. (Air fry in batches if needed for smaller air fryers.)
- 2 Serve.** Brush with warm butter and serve with lemon or lime wedges.
- 3 To Air Fry from Frozen.** Arrange unseasoned frozen fillets on a lightly greased air fryer basket, skin-side down. Air fry for 3 minutes or until just thawed. Proceed with recipe as directed.

SEASONING BLEND 3 WAYS

Greek Rub

- 1 ½ tsp dried oregano
- ½ tsp dried basil
- ½ tsp onion powder
- ½ tsp garlic powder
- 1 tsp kosher salt
- ½ tsp freshly ground pepper

Sweet and Smokey BBQ Rub

- 2 tsp brown sugar
- ¾ tsp smoked paprika
- ½ tsp onion powder
- ½ tsp garlic powder
- ½ tsp ground dry mustard
- ¼ tsp chipotle chili powder
- 1 tsp kosher salt
- ½ tsp freshly ground pepper

Turmeric Ginger Rub

- 1 tsp ground turmeric
- ½ tsp fresh ground black pepper
- ¾ tsp ground ginger
- ½ tsp ground coriander
- ½ tsp chili powder
- ¼ tsp garlic powder
- 1 tsp kosher salt



Buttery Cracker Topped Alaska Cod

SERVINGS: 4

Ingredients

4 (5-6 oz each) wild Alaska cod fillets
6 Tbsp unsalted butter
1 tsp Old Bay Seasoning
Zest of 1 medium lemon
24 buttery round crackers (such as Ritz)
Kosher salt and freshly ground black pepper
1 Tbsp thinly sliced chives
Lemon wedges

Preparation

- 1 Prep Cod and Cracker Topping.** Preheat an air fryer to 350°F. Melt butter in a small skillet. Remove from heat and stir in old bay and lemon zest stirring well. Crush crackers in a medium bowl with your hands. Using a fork, stir in 5 Tbsp of warm butter mixture. Season cod all over with ½ tsp each salt and pepper. Brush fish with remaining melted butter. Sprinkle tops of fillets with cracker mixture pressing lightly.
- 2 Air Fry Cod.** Carefully transfer fillets to a lightly greased air fryer basket. Air fry until golden brown, about 10 minutes. (Air fry in batches if needed for smaller air fryers.)
- 3 Serve.** Sprinkle evenly with chives and serve immediately with lemon wedges.
- 4 Air Fry Cod from Frozen.** To cook from, frozen arrange unseasoned frozen fillets on a lightly greased air fryer basket. Air fry for about 3 minutes or until just thawed. Proceed with recipe as directed.



Char Sui Alaska Pollock Noodle Bowl

SERVINGS: 4

Ingredients

1¼ lbs wild Alaska pollock fillets
Kosher salt and freshly ground black pepper
½ cup Char Sui sauce
2 Tbsp rice vinegar
1½ tsp Gochugaru chili flake
1 (17.76 oz) package Yakisoba noodles
2 cups napa cabbage, shredded
1 large carrot, julienned
1 cup red bell pepper, thinly sliced
4 green onions, diagonally sliced
½ cup cilantro leaves, torn
Sesame-Lime Vinaigrette
Garnish: toasted sesame seeds

Preparation

- 1 Prep Pollock.** Preheat an air fryer to 450°F. Season pollock fillets all over with 1 tsp each salt and pepper. Stir together Char Sui and rice vinegar in a medium bowl. Add fish, coat well. Cover and chill for 30 minutes. Remove fillets from sauce shaking excess sauce away. Place fillets in a single layer on a lightly greased air fryer basket. Brush tops with some of the left-over marinade and sprinkle evenly with Gochugaru. Air fry until lightly charred, about 12 minutes. (Air fry in batches if needed for smaller air fryers.)
- 2 Cook Noodles.** Meanwhile heat noodles according to package directions.
- 3 Serve.** Divide noodles into 4 bowls. Top evenly with cabbage, carrots, peppers, green onions, and cilantro. Drizzle with Sesame-Lime Vinaigrette and top with pieces of the warm fish. Serve immediately.

SESAME-LIME VINAIGRETTE

Makes ¾ cup

3 Tbsp avocado oil	1 garlic clove, finely grated
2 Tbsp mayonnaise	1 Tbsp toasted sesame oil
2 Tbsp fresh lime juice	1 Tbsp honey
4 tsp low sodium soy sauce	1-2 tsp sriracha

Whisk everything together in a small bowl. Chill until ready to serve.

4 To Air Fry From Frozen.

Arrange unseasoned frozen fillets on a lightly greased air fryer basket. Air fry for about 2 minutes or until just thawed. Proceed with recipe as directed.



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