

Z'ATAR AIR-FRIED SALMON

Air-fried salmon was all the rage on TikTok recently, and I understand entirely why. It's easy, it's fast, and it tastes delicious. The permutations are endless, but here we offer a tasty twist by using za'atar, a middle eastern spice blend. We place the fish on an eggplant and tomato compote to make it a complete, low-carb meal.

INGREDIENTS

4 6-ounce pieces of center cut salmon*
1 tablespoon tahini
2 tablespoons Za'atar seasoning salt

Eggplant Tomato Compote
2 tablespoons olive oil
1/2 teaspoon ground coriander
1/2 teaspoon salt
1/4 teaspoon ground ginger
1/4 teaspoon turmeric
2 cloves garlic, minced
1 14.5-ounce can, diced tomatoes, strained (if the tomatoes are too chunky, cut them down into smaller pieces using some kitchen shears)
1/2 large eggplant, cut into 1/2-inch dice

MAKES FOUR

- 1 Pat the salmon dry with a paper towel.
- 2 Brush some tahini on the top side. Sprinkle generously with salt and then with Za'atar seasoning. Pat the seasoning down.
- 3 Air fry at 400°F for 7-9 minutes depending on size and thickness and let it rest for a couple of minutes.
- 4 To make the compote, place the eggplant on a baking sheet lined with paper towels. Lay out the eggplant and sprinkle generously with salt and wait 10 minutes.
- 5 Pat the moisture from the eggplant and then place on a plate with paper towels in the microwave for 5 minutes.
- 6 Heat a sauté pan to medium and add olive oil. Add coriander, salt, ginger, turmeric, salt, garlic, and cook until fragrant, about 1 minute. Add eggplant and strained tomatoes and cook down for about 5 minutes.
- 7 To plate, place the compote on the bottom and a piece of salmon on top.

NOTES

- *The best types of salmon to use in an air fryer are the fattier ones like King salmon or Atlantic. Sockeye or Coho are a bit too lean.
- Microwaving the eggplant helps remove some of the moisture and will help the eggplant crisp up faster using less oil.
- If your kids don't like salmon, make them Eggplant a La Norma. Heat a pan to medium and add 2 tablespoons olive oil. Add 1 clove minced garlic and eggplant and pan fry for about 2 minutes until browned. Remove from the pan. Add 1 14.5 can diced tomatoes (don't strain) to the pan along with 1/4 teaspoon red chili flakes, 1/4 teaspoon dried basil, and 1/2 teaspoon salt. Cook down on low for about 5 minutes. Add eggplant back in. Cook some gluten-free pasta and add to this sauce.