



# Air Fryer Pistachio-Crusted Salmon Bite

**30**  
minutes  
or less

## INGREDIENTS

1 lb Bristol Bay sockeye salmon fillets  
1 cup roasted, unsalted shelled pistachios  
½ cup Hy-Vee Italian seasoned panko bread crumbs  
3 tbsp Hy-Vee grated Parmesan cheese  
½ cup honey mustard dressing  
½ cup Hy-Vee sour cream  
2 tbsp Italian parsley, finely chopped  
1 tbsp fresh lemon juice  
salt, to taste  
black pepper, to taste  
lemon wedges, for serving

## PREPARATION

- 1** Preheat air fryer to 400° according to manufacturer's directions. Remove skin from salmon and pat dry with paper towels. Cut salmon into 1-inch pieces.
- 2** Place pistachios in food processor or blender. Cover and pulse until finely chopped. Add bread crumbs and Parmesan cheese. Cover and pulse until combined. Transfer mixture to a shallow bowl. Place honey mustard dressing in another shallow bowl.
- 3** Dip salmon pieces into dressing and then immediately into pistachio mixture, turning to coat.
- 4** Spray air-fryer basket with nonstick spray. Place coated salmon pieces in a single layer in basket. Lightly spray pieces with nonstick spray. Close air fryer and air-fry 10 to 12 minutes or until salmon flakes easily with a fork (145°), turning halfway through. Repeat air-frying as necessary with remaining coated salmon pieces.
- 5** Meanwhile, stir together sour cream, parsley, and lemon juice. Season to taste with salt and black pepper.
- 6** Serve nuggets with sour cream mixture and garnish with lemon wedges.

## NUTRITION FACTS

Calories: 470  
Total Fat: 35g  
Saturated Fat: 9g  
Trans Fat: 0g  
Cholesterol: 80mg

Sodium: 320mg  
Carbohydrates: 12g  
Fiber: 2g  
Sugar: 5g  
Protein: 29g