

 Appetizers & Snacks

Seafood Air Fryer Cook Times

Air fryers are perfect for quick seafood dinners. Use a light brush of oil and your favorite seasoning, then follow these cook times as a starting point. Most seafood cooks in **15 minutes or less**.

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Food	Temperature	Cook Time	Notes
Cod (1 lb, cut into 4 pieces)	400°F	10–12 minutes	Cook until the fish flakes easily with a fork.
Salmon fillets (about 6 oz each)	380°F	10–12 minutes	Skin-on fillets stay moist and flavorful.
Tilapia fillets	380°F	8–10 minutes	Very thin fillets may be done a minute early.
Shrimp, raw (medium–large)	400°F	5–7 minutes	Shake basket halfway; cook until opaque and pink.
Shrimp, pre-cooked	360°F	3–4 minutes	Just heat through; don't overcook.
Scallops	400°F	5–6 minutes	Cook until opaque and slightly firm to the touch.
Fish sticks (frozen)	400°F	10 minutes	Flip halfway for even browning.
Breaded fish fillets (frozen)	400°F	10–12 minutes	Cook until golden and sizzling.