

## Blackened Cajun Salmon



**Serves:** 4

**Profitability:**

**Steps:**

Finely chop the fresh tomatoes and red onion

Finely chop the fresh coriander and add to the tomato and onion. Add the crushed chillies and lime juice. Mix well and set aside in the fridge

Heat oven to 200°C/fan 180°C/Gas 6

Heat the oil in a frying pan and fry the onion with the minced garlic until soft. Add the cumin, cayenne, rice and stock and bring to the boil

Cover and cook until the rice is tender and the liquid is absorbed

Stir in the beans, spinach, butter and herbs. Cover and set aside

Lightly oil each salmon fillet and generously sprinkle each one with blackened Cajun seasoning

Place in a foil parcel and bake for 15 - 18 minutes depending on the size of the fillets

Serve the salmon on a bed of warm rice and chilled fresh salsa

**Ingredients:**

4 salmon fillets

Cajun seasoning

1 tbsp extra virgin olive oil

400g/14oz long-grain rice

1 onion, finely chopped

2 tsp minced garlic

1 tbsp ground cumin

1 tsp cayenne

1.2 litres/ 2 pints chicken bouillon

400g can black-eye beans, drained

110g/4oz bag of spinach

1 tbsp parsley

1 tbsp oregano

50g/2oz salted butter

#### SALSA

250g/9oz fresh tomatoes

1 red onion, small

1 tsp crushed chillies

Large handful fresh coriander

Salt to taste

1 lime, juiced