

# Cajun Blackened Salmon MojitoDF

With a funky Cuban slant, this is a perfect dish to serve up when you’re in a hurry but still want something delicious. If you want, you can bulk it up with some extra salad ingredients or an additional vegetable accompaniment. The pan-fried greens (page 186) or our Sumptuous Salsa Salad (page 166) would be our top picks.

|            |            |           |         |
|------------|------------|-----------|---------|
| Serves     | 4          | Per serve |         |
| Prep time  | 15 minutes | Carbs     | 4.5 g   |
| Cook time  | 15 minutes | Protein   | 22.9 g  |
| Difficulty | ●●●        | Fat       | 40.9 g  |
|            |            | Energy    | 481 Cal |

## INGREDIENTS

For the mojito dressing:  
small bunch of coriander  
small bunch of mint leaves  
1 clove garlic, finely chopped  
½ tsp honey (optional)  
1 large avocado, diced  
zest and juice of 2 limes

For the salmon and salad:  
500–600 g salmon, cut into  
4 pieces (or 4 fillets)  
1 tsp smoked paprika  
½ tsp ground cumin  
1 tbsp olive oil  
1 large bag (350 g) slaw or  
salad mix, without dressing

## METHOD

Finely chop the coriander and mint, keeping them separate. Place most of the coriander in a bowl and set the rest aside for garnish. Add mint, garlic, honey (if using) and avocado to the bowl and squeeze over most of the lime juice (save some for serving the dish). Mix the mojito dressing together, season to taste with salt and freshly ground black pepper and set aside.

Check that there are no bones in the salmon, removing any with tweezers. Dust the salmon pieces with the paprika and cumin and season well with salt and pepper.

Heat the oil in a large frying pan over a medium-high heat. Add the salmon, skin side down, and leave to cook for 3–4 minutes until the skin is crispy. Carefully turn the salmon over and cook for a further 2–3 minutes. Remove to a plate, cover with foil and leave to rest.

If you’re adding a vegetable accompaniment, now would be the time to make it.

While the salmon is resting, place the slaw or salad mix in a bowl, add half of the mojito dressing and toss well to coat.

To serve, divide the salad and the vegetable accompaniment (if using) between plates. Top with the Cajun blackened salmon, and spoon over the remaining lime mojito dressing. Squeeze over the reserved lime juice and sprinkle with the reserved coriander.

