



SPOTLIGHT RECIPE

BLACKENED SALMON WITH MANGO-AVOCADO SALSA

Cooking fish “blackened” refers to a technique that originated in Cajun cuisine, popularized by Chef Paul Prudhomme in 1980. The fish is coated with Cajun seasoning and cooked in a smoking hot cast-iron pan so it’s blackened on the outside as it’s nicely cooked through.

SERVES 6

INGREDIENTS

- 2 teaspoons oregano
- 2 teaspoons ground cumin
- 2 teaspoons paprika
- 2 teaspoons pepper
- 5 pounds salmon fillets
- 1/2 cup red onion, diced
- 1 mango, cubed
- 1/2 bunch fresh cilantro
- Juice of 1 lime
- 2 whole avocados, cut into chunks
- 1 teaspoon salt
- 3 teaspoons olive oil

DIRECTIONS

Mixed the oregano, cumin, paprika and 1 teaspoon of pepper and rub them over the fillets.

Combine the red onion, mango, cilantro, lime juice, avocado, salt and 1 teaspoon of pepper. Chill until serving.

Pan sear the salmon: Cook the salmon in oil over medium heat for 5 minutes on each side until 155 F.

Side dish

Herbed Cauliflower Rice

