

# CAJUN ATLANTIC SALMON

By Chef Keith King of Cuisine Consulting



## *Ingredients:*

2 - 5 oz Farmed Atlantic Salmon Fillets  
1 tbsp. Olive oil  
2 tbsp. Paprika  
1 tbsp. Ground dried oregano  
1 tbsp. Ground dried thyme  
1 tbsp Cayenne pepper  
1 tbsp Fine ground black pepper  
1 tsp Fine ground white pepper  
1 tsp Garlic powder  
1 tsp Ground ginger  
1 tsp Sea salt

## *Preparation:*

Mix together all the spices and generously rub into the salmon fillets. Any leftover spice can be stored in an airtight container. In saute pan, add 1 tablespoon of olive oil. Place the salmon, spice side down and cook over med-high heat. Cook for 3 minutes, flip and cook for another 5 minutes. Serve and enjoy!

