

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 sauté 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!