



YOU CAN COOK
AND YOU DO HAVE THE TIME

Kev's Kitchen

BLACKENED SALMON

Time: 15 minutes

Serves: 2

Ingredients:

2 teaspoons paprika
¼ teaspoon cayenne pepper
½ teaspoon ground white pepper
½ teaspoon ground black pepper
½ teaspoon kosher salt
1 teaspoon onion powder
1 teaspoon garlic powder
½ teaspoon dried thyme
½ teaspoon dried oregano
2 salmon filets – skinless - 6 ounces each
1 tablespoon salted butter

Preparation:

Combine all of the dry ingredients and evenly coat both sides of the fish filets, pressing the spice to help it stick.

Preheat a cast iron frying pan on maximum heat. Place the butter in the frying pan and add the fish the instant the butter is fully melted.

Carefully turn the filets over after three minutes and continue to cook for another three.

Immediately remove fish from pan and let rest a few minutes before serving.

Nutritional Information Per Serving:

Calories: 248
Fat: 5g
Carbs: 0g
Fibre: 0g
Protein: 34g