

Blackened Salmon with Avocado Salsa

Prep Time: 5 minutes **Cook Time:** 10 minutes
Total Time: 15 minutes **Servings:** 4

Salmon seasoned with a tasty cajun spice blend and pan fried until crispy served topped with a cool and creamy avocado salsa!

ingredients

FOR THE BLACKENED SALMON:

- 1 tablespoon oil
- 4 (6 ounce) pieces salmon
- 4 teaspoons cajun seasoning

FOR THE AVOCADO SALSA:

- 2 avocado, diced
- 1/4 cup red onion, diced
- 1 jalapeno, finely diced
- 1 tablespoon cilantro, chopped
- 1 tablespoon lime juice
- salt to taste

FOR THE AVOCADO AND CUCUMBER SALSA:

- 2 avocado, diced
- 1 cup cucumber, diced
- 1/4 cup green onion, diced
- 1 tablespoon parsley, chopped
- 1 tablespoon lemon juice
- salt to taste

directions

FOR THE BLACKENED SALMON:

1. Heat the oil in a heavy bottom skillet over medium-high heat, add the salmon, seasoned with the cajun seasoning, and cook until deeply golden brown to slightly blackened before flipping and repeating for the other side.

FOR THE AVOCADO SALSA:

2. Mix everything and enjoy on the salmon!

FOR THE AVOCADO AND CUCUMBER SALSA:



3. Mix everything and enjoy on the salmon!

Option: Use trout, tilapia or other fish instead of salmon.

Note: Serve the salmon with one of the avocado salsa or the avocado and cucumber salsa.

Nutrition Facts: Calories 445, Fat 31.3g (Saturated 5.8g, Trans 0), Cholesterol 75mg, Sodium 72mg, Carbs 9.8g (Fiber 7.1g, Sugars 1.0g), Protein 35.1g