

CAJUN SALMON WITH CORN SALSA



Serves: 4
Prep: 10 mins
Cook: 10 mins



Nutrition per
serving:
407 kcal
21g Fats
21g Carbs
38g Protein



GF

DF

MP

HP

Q

WHAT YOU NEED

- 2 corn cobs, cooked
- 10.5 oz. (350g) cherry tomatoes, quartered
- 1 cup (60g) coriander, leaves
- 4 salmon fillets (6oz./170g each)
- 2 tbsp. Cajun seasoning
- * 2 *tbsp. olive oil*

WHAT YOU NEED TO DO

Heat the oven to 425°F (220°C). Mix the Cajun seasoning with the olive oil and rub all over the salmon. Place the salmon on a baking tray or on an oven proof dish. Bake in the oven for 12-15 minutes, until cooked through.

Use a small knife to cut down the side of the corn cobs to remove the kernels and place them in a large bowl. Add the tomato and coriander and toss to combine.

To serve, divide the salsa between 4 serving plates. Top with the salmon and serve immediately.