

# Blackened Cajun Salmon

## with Sweet Potato Mash and Cucumber Salsa

**hellóchef**

Did you know that while Louisiana is nowadays home to cajun cooking, the cuisine was initially brought over from Canada?

Cals 861 • Prot 41 • Carbs 76 • Fat 46

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🕒 cook: 25 min

R2808





Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Cajun Salmon	2 ppl	3 ppl	4 ppl	
Skin-on salmon fillet 6*	350	525	700	Grams
Cajun spice	8	16	16	Grams
Salt	0.5	0.5	1	Tsp
Vegetable oil	1	1	2	Tbsp
Salsa				
Cucumber	2	3	4	Piece
Shallots	1	2	2	Piece
Large red chilli	1	1	2	Piece
Lime	1	2	2	Piece
Olive oil	1	1	2	Tbsp
Salt	0.5	0.5	1	Tsp
Black pepper	0.5	0.5	1	Tsp
Mash				
Sweet potatoes	600	800	1200	Grams
Salt	0.5	1	1	Tsp
Butter 4*	50	50	100	Grams

Allergens

\*6 Fish, \*4 Milk

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide and Celery.**

Nutritional information	Per Serving*
Energy (kJ/kcal)	3590 / 861
Fat (g)	45.6
of which saturates (g)	17.9
Carbohydrate (g)	76
of which sugars (g)	19.3
Fiber (g)	12.3
Protein (g)	40.6
Salt (g)	0.8

\*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Coat salmon

Portion the **salmon**. Place the **cajun spice (spicy!)** on a plate and season it with **salt**. Turn the **salmon** in the **cajun spice** until coated (don't coat the **salmon** skin). Set aside.



2 Boil potatoes

Peel and chop the **sweet potatoes** into bite-size pieces. Add them to a pan of boiling water with a generous pinch of **salt**. Cook the **sweet potatoes** over a medium heat for 10-12 min or until soft.



3 Prep salsa

Meanwhile, finely chop the **cucumber**. Peel and finely chop the **shallots**. De-seed and finely chop the **chilli**.  
**Tip!** Keep your knives sharp! The cucumber salsa is a great opportunity to work on your knife skills.



4 Finish salsa

Juice the **limes**. Add the **cucumber, shallots, chilli (spicy!)**, {0.5/0.75/1} Tbsp of **lime** juice, the **olive oil, salt** and **pepper**. Toss. Set aside.



5 Fry salmon

Heat a non-stick pan over a medium heat with a drizzle of **vegetable oil**. Once hot, add the **salmon fillets** and cook for 3-4 min on either side until cooked through.



6 Mash potatoes

Once soft, drain the **sweet potatoes** and return them to the pan with the **butter**. Mash until smooth and season to taste. Serve the **salmon** over the **mash** with the **salsa** to the side.