

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 863 • Prot 41 • Carbs 77 • 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)	3598 / 863
Fat (g)	45.7
of which saturates (g)	17.9
Carbohydrate (g)	77
of which sugars (g)	19.5
Fiber (g)	12.4
Protein (g)	40.7
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 Make mash

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 Serve

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.