

Cajun salmon

15 min
CA
OR
WA
4

Ingredients

Olive oil
4 4-ounce fillets salmon
3 teaspoons Cajun seasoning
2 tablespoons butter
3 cloves garlic, minced
? cup chicken or vegetable broth
1 lemon, juice
1 tablespoon honey

1 tablespoon parsley, chopped
2 tablespoons parmesan, grated

Directions:

Heat a good drizzle of olive oil in a skillet over medium-high heat. A cast-iron skillet works well here. If you're making four fillets, cook them in two batches.
Season the flesh-side of each fillet with about ½ teaspoon of Cajun seasoning.
Add to the hot skillet skin-side up.
Cook for about 6 minutes, then flip and cook for 2 more minutes or until golden in color. Transfer to a plate. Repeat with the second batch of fillets, and put those on the plate too.
Add the remaining Cajun seasoning, butter, garlic, broth, lemon, honey, parsley, and parmesan to the skillet. Bring to a simmer.
Reduce heat and add the salmon back into the skillet. Cook until the salmon is cooked through and the sauce is at a desired consistency.

Recipe courtesy of Abby Roberts, Washington Sea Grant

Species Group
Salmon