

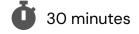




# Creamy Cajun Salmon

# with Rice

Pan-seared salmon fillets in a creamy cajun sauce with capsicum, red onion and cherry tomatoes served over basmati rice with lemon wedges. Comforting, simple & delicious.





4 servings



# Switch it up!

This dish is also delicious to make with chicken! You can serve over pasta, quinoa, mashed potatoes or with crusty bread for dipping!

#### **FROM YOUR BOX**

BASMATI RICE	300g
RED ONION	1
GREEN CAPSICUM	1
CHERRY TOMATOES	200g
SALMON FILLETS	2 packets
FAMILY CAJUN SPICE MIX	1 packet
SOUR CREAM	1 tub
LEMON	1

#### FROM YOUR PANTRY

oil for cooking, salt, pepper

#### **KEY UTENSILS**

large frypan, saucepan

#### **NOTES**

Change the flavour of this dish and season with dried herbs such as tarragon or oregano, balsamic vinegar and maybe try adding some sun-dried tomatoes.

Family cajun spice mix: ground paprika, garlic powder, dried thyme, celery salt





#### 1. COOK THE RICE

Place rice in a saucepan, cover with 600ml water. Cover with a lid and bring to a boil. Reduce to low heat for 10-15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



## 2. PREPARE THE VEGETABLES

Dice red onion, cut capsicum into strips and halve cherry tomatoes. Keep separate.



#### 3. SEAR THE SALMON

Heat a large pan with **oil** over mediumhigh heat. Season salmon fillets with <u>2 tsp</u> cajun spice mix, **salt and pepper**. Add to pan and cook for 2 minutes each side or until nearly cooked through. Set aside on a plate, keep pan over heat.



# 3. COOK THE VEGETABLES

Add onion to heated frypan and cook for 3 minutes or until softened. Add capsicum, tomatoes and remaining cajun spice mix. Cook for 1–2 minutes.



## 5. MAKE THE SAUCE

Stir in sour cream and 1/2 tub water. Simmer for 5 minutes. Add salmon to the sauce and simmer for 2-3 minutes or until cooked through. Season to taste with salt and pepper.



#### 6. FINISH AND SERVE

Cut lemon into wedges.

Serve salmon, vegetables and sauce over rice along with a lemon wedge.

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