

Cajun Salmon With Corn Salsa

Serves 4

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

1. 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.
2. 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.
3. To serve, divide the salsa between 4 serving plates. Top with the salmon and serve immediately.



GF DF MP HP Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	10 mins	407	21	21	38

*Nutrition per serving