

# KETO BLACKENED SALMON WITH SAUTEED PUMPKIN



## SAVEUR PRODUCT USED

SPICY CAJUN MIX, SEASONED SALT, GUACAMOLE MIX

**MAKE, TAKE & FREEZE**

— with —  
**SAVEUR**

## FREEZER WORKSHOP INGREDIENTS

**4 pieces salmon (.4lb/200g each)**

**2 tbsp. *Saveur Spicy Cajun Mix***

**1 tsp. *Saveur Seasoned Salt***

**1 tbsp. *ghee or olive oil***

## PREPARATION INGREDIENTS

**2 lb./1 kg butternut pumpkin, sliced**

**¼" (½ cm) thick**

**80ml *ghee or olive oil***

**1 tbsp. *Saveur Guacamole Mix***

**1 tsp. *Saveur Seasoned Salt***

**Salad greens**

## METHOD

BAG 1 - Mix Spicy Cajun Mix and Seasoned Salt together. Rub salmon with ghee or oil & rub with Cajun/salt mixture. Place onto baking paper to separate salmon pieces.

Place into large zip-top bag. Remove excess air to prevent freezer burn. Label and place into freezer until ready to use.

## COOKING INSTRUCTIONS

Defrost completely in fridge overnight, following safe thaw instructions.

Place sliced pumpkin in a large saucepan and cover with cold water. Bring to the boil over high heat. Cook uncovered for 10 minutes or until tender. Drain.

Return to pan with ghee/oil and sauté each side until golden. Season with Guacamole Mix and Seasoned Salt. Cover to keep warm.

Heat a large frying pan with a heavy base over medium heat. Add the salmon, skin side down, and cook for 3 minutes on each side, or until cooked to your liking.

Serve with sautéed pumpkin and salad greens.

