

WELLNESS BLACKENED SALMON WITH CRUSHED POTATOES



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 small potatoes

80ml *ghee/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 and rub with Cajun/Seasoned Salt mix. 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 potatoes in a large saucepan and cover with cold water. Bring to the boil over high heat. Cook uncovered for 15 minutes, or until tender. Drain.

Return to pan with ghee/oil and use a fork to crush. 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 mins on each side, or until cooked to your liking.

Serve with crushed potatoes and salad greens.

