



Frugal -Blackened Salmon with Zucchini



Serving: 4



Cook Time: 30 mins



Level: Easy



INGREDIENTS

- Cajun Seasoning:
 - 2 tsp smoked paprika
 - 1 tsp dried thyme
 - 1 tsp dried oregano
 - 1/2 tsp ground cumin
 - 1/4 tsp cayenne
 - 1/2 tsp garlic powder
 - 1/2 tsp onion powder
 - 1/4 tsp freshly cracked black pepper
 - 1/4 tsp salt
- Salmon And Zucchini:
 - 1.3 lbs. salmon
 - 2 Tbsp butter
 - 1 Tbsp cooking oil
 - 1.3 lbs. zucchini

PREPARATION

1. Combine the spices for the Cajun seasoning in a bowl (smoked paprika, thyme, oregano, cumin, cayenne, garlic powder, onion powder, salt, pepper).
2. Remove the skin from the salmon, then cut it into four equal-sized portions (if not already cut). Generously coat all sides of the fish in the prepared Cajun seasoning.
3. Slice the zucchini into half-rounds and set aside.
4. Add the butter and cooking oil to a skillet and heat over medium-high. When the skillet is hot and the butter is melted and foaming, add the salmon pieces. Cook the salmon for 5-7 minutes on each side, or until a dark brown crust forms and the salmon is cooked through.

PREPARATION (CONT.)

5. Remove the cooked fish to a clean plate. Add the sliced zucchini to the skillet in its place. Quickly sauté the zucchini in the residual butter and spices until it is tender. Serve the salmon and zucchini immediately.