

## BLACKENED SALMON with Lemon and Tahini Asparagus

### Cajun Spice Blend

*Serves 1*

*Preparation time 5 minutes*

*Cooking time 6 minutes*

### Ingredients:

**1x150g salmon fillet, skin left on\***

**1 teaspoon Cajun Spice Blend**

**150g fresh asparagus \***

**2 tablespoons Lemon and Tahini Method:**

1. Preheat a lightly oiled fry pan or health grill.
2. Rinse salmon fillet and pat dry with paper towel, rub both sides of salmon with **Cajun Spice Blend**.
3. Pan fry or grill for 3 minutes on each side or until cooked to your liking.
4. While salmon is cooking break asparagus in half and steam for 5 minutes until tender.
5. Drizzle asparagus with Fresh **Lemon and Tahini** and toss.
6. Place asparagus on a serving plate and top with salmon to serve.

\* Adjust weight to your portion size

### ...Cook's Tips

*Extra servings:*

To increase servings to include the rest of the family simply times ingredients by how many servings are required. ( eg. 2 x teaspoons of Cajun Spice Blend. etc for four people)

Serve with crusty, toasted Healthy Way bread.

