

Spicy Cajun Salmon

4 X 150g Scottish salmon fillets

15mls(1tblsp) olive oil (for brushing)

FOR SALSA:

1/2 avocado, peeled & diced

1/2 mango, peeled & diced

1/2 cucumber, diced

1/2 red chilli, diced

10mls olive oil

Dash of balsamic vinegar

Dash of lemon juice

Few sprigs of oregano & flat parsley

Freshly milled salt & pepper

FOR COATING SPICE:

10g (1 dsp) demerara sugar

1tsp Worcestershire sauce

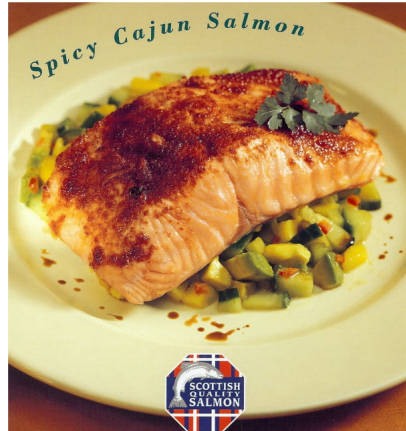
Pinch of cayenne pepper

1tsp paprika

1 crushed clove garlic

Pinch of ground ginger

Few sprigs of fresh coriander Freshly milled salt & pepper



1. Pre-heat grill on high heat

2. Combine all salsa ingredients & allow flavours to infuse 3. In a shallow bowl, mix coating spice ingredients

4. Brush salmon fillets with oil & coating spice

5. Grill salmon for 5-8 minutes, depending on the thickness 6. The salmon is cooked when the flesh is opaque

