



**CLONAKILTY**

**CAJUN & LIME SALMON WRAPS WITH CITRUS YOGURT & CUCUMBER RELISH**



# IRISH YOGURTS

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## Cajun & Lime Salmon Wraps with Citrus Yogurt & Cucumber Relish

Recipe by Chef Edward Hayden

### Ingredients

- **Cajun & Lime Salmon**
- 4 Salmon Fillets
- 2 level teaspoons Cajun Spice
- 1 tablespoon chopped fresh Mixed Herbs (Parsley, Mint, Thyme, Oregano)
- 1 tablespoon Irish Yogurts Clonakilty Low Fat Greek Style Natural Live Yogurt
- Zest of 1 Lime



- **Citrus Yogurt & Cucumber Relish**

- 1 large Cucumber
- 3 tablespoons Irish Yogurts Clonakilty Low Fat Greek Style Natural Live Yogurt
- 1 tablespoon freshly chopped Mint
- ½ Red Onion - finely chopped
- Juice of 1 Lime
- Cracked Black Pepper

- **To Serve**

- Fresh Lettuce Leaves
- Tortilla Wraps
- Sweet Chilli Sauce / Relish

## Directions

- **For the Salmon**

- In a small bowl, mix together the cajun spice, chopped mixed herbs and the yogurt. Add in the lime zest and the salmon fillets and mix well.
- If time allows, leave the salmon to marinate in the fridge for 20 minutes.
- Preheat the oven to 190°C/375°F/Gas Mark 5. Line a baking tray with some parchment paper.
- Place the salmon on the lined baking tray, bake in the oven for approximately 15-20 minutes until the salmon feels firm to the touch.
- Once cooled, break up the salmon into chunks.

- **For the Citrus Yogurt & Cucumber Relish**

- Using a vegetable peeler, create long ribbons of cucumber (without using the seeds)
- In a small mixing bowl mix together the yogurt, lime juice, freshly chopped mint and the black pepper, and add the cucumber and red onion. Store in the fridge until required

- **To Serve**

- Lay the wraps onto a chopping board. Spread with a little sweet chilli sauce or relish
- Place some lettuce leaves on top and then arrange the salmon chunks and the cucumber relish on top. Warp these up tightly and serve immediately with some crisps or some salad garnish