



CHEF EDWARD HAYDEN'S BLACKENED SALMON



By Irish Yogurts Clonakilty

Method

For Blackened Salmon

- In a small bowl, mix together the cajun spice, chopped mixed herbs and the oil. Add in the chilli along with salmon fillets and mixed well
- Leave salmon to marinate in the fridge for 20 mins
- Preheat oven to 190°C and line a baking tray with parchment paper
- Place salmon on parchment paper and bake for 15-20 minutes until salmon is firm to touch

For CousCous

- Place the couscous into a large mixing bowl and cover with boiling water
- Leave to stand for 10 minutes and then fluff up with a fork
- Allow the couscous to cool down for approximately 20-30 minutes
- Add in all remaining ingredients and mix well
- Season lightly with salt and pepper as required
- Store in fridge until required

For dressing

- In a small mixing bowl, mix together the creme fraiche, lime juice and zest, freshly chopped mint and the black pepper
- Store in the fridge until required

To assemble

- Place the couscous onto a large serving plate and neatly arrange the salmon on top
- Drizzle generously with the creme fraiche dressing and serve immediately



Ingredients

For Salmon

- 4 salmon fillets
- 2 tsp cajun spice
- 1 tbsp chopped fresh mixed herbs (parsley, mint, thyme, oregano)
- 1 tbsp oil
- 1 whole chilli chopped roughly (optional)
- ½ lemon cut into wedges

For CousCous

- 200g couscous
- 400ml of boiling water
- 75g sultanas/currants
- 1 small courgette (grated)
- 1 small carrot (grated)
- 16 cherry tomatoes (halved)
- 4 scallions (chopped)
- 75g dried apricots (diced)
- 50g chopped walnuts
- Zest and juice of 1 lime
- ½ tsp chilli flakes
- ½ tsp ground cumin
- 3 tbsp oil

Creme Fraiche Dressing

- 3 tbsp of [Irish Yogurts Clonakilty Half Fat Crème Fraîche](#)
- 1 tbsp of freshly chopped mint
- Zest and juice of 1 lime
- Cracked black pepper
- 150g
- 400ml Milk

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