

Cajun Baked Salmon

One of my favorite proteins is salmon, so consequently I cook it pretty often. My go to way is usually just to season it and cook it in a hot skillet, but sometimes that gets old and recipes like this are born.

Easy and delicious, this recipe turns out salmon filets that are moist and tender, with tons of flavor thanks in part to the Blackened Fish seasoning blend from Ava Jane's Kitchen. I love this blend because it allows you get a true blackened flavor without measuring out a bunch of spices. This recipe tastes like something you would get in a restaurant, but in reality it's so easy to make in your home kitchen.

You'll start by laying lemon slices on your baking pan. This does two things — infuses lemon flavor into your fish, and allows air to circulate through the bottom, so it doesn't end up soggy. You'll set your fish on top, brush the quick and easy cajun sauce on top and bake. So. Easy.

The end result is a fish filet that is perfectly cooked, and will impress anyone that eats it. Serve with some roasted potatoes or rice, spinach, or whatever your favorite sides are.

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Serves 2

Prep time: 30 minutes

Ingredients:

1/2 lemon, sliced
2 tablespoons Ava Jane's Kitchen Avocado Oil
1 tablespoon Blackened Fish seasoning blend
2 cloves garlic, minced
2 teaspoons Dijon mustard
2 salmon filets
Chopped green onions, for garnish

Directions:

Preheat oven to 425 degrees F.

Lay the lemon slices on a parchment or foil lined baking sheet, 2-3 slices side by side.

Whisk the oil, seasoning, garlic, and mustard in a small bowl until combined.

Lay the salmon on top of the lemon slices skin side down and brush with the Cajun mixture.

Bake the salmon for 10-15 minutes until it flakes easily with a fork. The length of time will depend on the thickness of your filets.

Remove from oven, sprinkle with green onions and serve.