

Cajun Salmon

Ingredients

2 salmon steaks, 1 inch thick, each 6 to 8 oz.
1/2 tsp. worcestershire sauce
1/2 tsp. lemon juice
1/4 tsp. cajun spice blend or blackened redfish seasoning
1/2 medium-sized green bell pepper, stemmed, seeded and diced
1/2 medium-sized red or yellow bell pepper, stemmed, seeded and diced

Directions

Arrange steaks side by side but in opposite directions in a baking dish; press thin belly flaps together, against other steak. (If cooking 4 steaks, arrange in a circle with belly flaps toward the center of the dish.) Rub the top of each steak with 1/4 tsp. Worcestershire sauce and 1/4 tsp. lemon juice, then sprinkle or rub with 1/8 tsp. spice blend. Sprinkle peppers over fish in center of the pan. Cover dish tightly with plastic wrap and microwave on high (100% power) until flesh is nearly opaque, 5 1/2 to 6 minutes. (Cook one steak 3 1/2 to 4 minutes; 4 steaks about 7 minutes.) Let salmon stand, still covered (puncture plastic wrap if tightly sealed), 1 to 2 minutes longer.

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