

HONEY-CAJUN SOCKEYE SALMON TAILS

SERVES: 2

PREP TIME: 5 MIN

COOK TIME: 10 MIN

INGREDIENTS

- 2 x 4oz sockeye salmon tails
- About 1 tbsp honey
- Oil for pan

Cajun dill dry rub:

- 1 tsp smoked paprika (regular is also fine)
- ½ tsp cayenne pepper
- ½ tsp dried oregano
- ½ tsp onion powder
- ¼ tsp dried dill
- ¼ tsp white ground pepper
- ¼ tsp salt

DIRECTIONS

1. Mix all of the ingredients for the dry rub. This recipe can be scaled for as many portions as you need.
2. Sprinkle the seasoning liberally on your salmon.
3. Get your nonstick or cast iron skillet to medium-low heat and once warmed, add your oil.
4. Pan-sear the top side of your salmon, undisturbed for three minutes.
5. Flip salmon using a spatula and cook for an additional 4 minutes.
6. Remove from heat and set on a cutting board or extra plate, drizzle with honey and let rest for 2 minutes before transferring to a dinner plate.

Serving suggestions:

- Sautéed green beans with garlic
- Roasted mini potatoes
- Spanish-style rice
- Roasted asparagus with additional Cajun seasoning



This recipe was created by Chef Jessi, Kelowna store manager, 2022.

