

# Cajun spiced salmon



**BODY SHAPE**  
PERFORMANCE

- 1 tsp ground red chillies
- 1 tsp paprika
- 1 tsp garlic powder
- 1 tsp ground coriander
- ¼ tsp ground black pepper
- 1 tbsp olive oil
- 1 x 180g fresh salmon fillet

**SERVES 1**

Mix the spices together in a bowl and add the olive oil. Stir well to combine. Spoon onto the salmon and turn to coat in the marinade. Refrigerate for 1 hour minimum (ideally overnight).

Preheat oven to 180°C/350°F. Line an oven tray with a large sheet of foil.

Place the salmon on the foil and wrap loosely in a parcel.

Cook for 25-30 minutes, until the salmon is cooked throughout (the flesh will be a pale pink colour when cooked).

Serve with salad or steamed vegetables and a wedge of lemon.

*Store any leftovers in an airtight container and refrigerate for up to 3 days.*



**PER SERVING:**  
**509** Calories  
**5g** Carbs  
**39g** Protein  
**37g** Fat