AMERICAN · LUNCH · DINNER

Blackened Salmon with Homemade Cajun Seasoning

15 min · Serves 3 · 543 kcal a serve · Video 10:27 · Chef Billy Parisi

Pescatarian · Paleo · Gluten-free ingredients · No dairy listed · No nuts listed

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About 40 g protein and 1 g net carbs a serve, with more than two days' omega-3 and a day's vitamin D from the salmon; the crust is just spices, no flour.

Diet notes: Keto (1.3 g net carbs a serve).

Ingredients 10 · SERVES 3

- [ ] 3 × 225 g **fresh salmon fillets**
- [ ] 2 tsp **sea salt**, for the seasoning (you use about two-thirds of the mix)
- [ ] 1 tsp **onion granules**
- [ ] 1 tsp **garlic granules**
- [ ] 1 tsp **dried oregano**
- [ ] 1 tsp **dried thyme**
- [ ] 2 tsp **paprika**
- [ ] ½ tsp **ground white pepper**
- [ ] ½ tsp **cayenne pepper**
- [ ] 4 tbsp **oil** (olive, safflower or grapeseed)

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Fish. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Mix the salt, onion and garlic granules, oregano, thyme, paprika, white pepper and cayenne to make the blackening seasoning. 0:45
2. On a plate, mix 3 tbsp oil with 2 tbsp of the seasoning and turn the salmon fillets in it until coated on all sides (chill 20–30 minutes for more flavour, if you like). 3:47
3. Heat 1 tbsp oil in a cast-iron pan over medium heat until it just starts to smoke. 4:45
4. Lay in the fillets with space between them, turn the heat down to medium-low and cook about 3 minutes until a dark crust forms. 5:41
5. Flip and cook about 3 minutes more for medium to medium-well (4–4½ minutes a side for well done), then rest briefly and serve. 5:58

> **Tip** Serves 3. USDA's guide is 63°C for fish; many cooks stop a little earlier and let it carry over. Keep the leftover seasoning in a jar for chicken or prawns. The cook also makes an optional white wine butter sauce.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 3 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
543 kcal	40 g	2.2 g	0.9 g	41 g	1,150 mg
2,270 kJ	81% of a day	1.3 g net · 0.2 g sugars	3% of a day	7.1 g saturated	50% of a day
		1% of a day		52% of a day	

Energy from net carbs 1% · protein 30% · fat 69% — fits keto: 1.3 g net carbs, 69% of the energy from fat

High in (20%+ of a day) Omega-3 271% · Vitamin B12 212% · Selenium 137% · Vitamin D 100% · Vitamin B6 67% · Vitamin E 64%

Source of (10–19%) Potassium 16% · Vitamin A 15% · Magnesium 14% · Folate 14% · Vitamin K 13%

⚠ One serve has about 50% of a day's sodium — less salt, stock or sauce (or reduced-salt versions) brings it down.

Recipe and video: Chef Billy Parisi (@ChefBillyParisi) on YouTube — youtube.com/watch?v=TjYm9lG4oDE, published 5 March 2021. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/blackened-salmon-cajun-seasoning