

# RECIPES FROM **WIMBLEDON**

---

## ISLE OF MULL BLACKENED CAJUN SALMON

---



Cooking time: **15** minutes Serves **4**

---

### INGREDIENTS

4 salmon fillets  
Juice of half a lime  
1 tsp hot chilli powder  
2 tsp ground cumin powder  
2 tsp ground coriander powder  
2tsp paprika  
1 tsp light soft brown sugar  
60 ml rapeseed oil

### METHOD

1. Preheat your oven to 170C.
2. Mix all the spices together, add the oil and stir.
3. Dip the salmon in the lime juice, then the spice mix and roast in the middle of the oven for 8-10 minutes.

Serving suggestion: Serve on a bed of wholefood salad (see our recipe).

