



Cajun Salmon with Mango Salsa & Beany Rice



Ingredients (serves 2)

For the salmon

- 2 rounded tsp Cajun Spice Mix
- 2 tsp lime juice
- 2 tsp olive oil
- 2 skinless salmon fillets each weighing about 125g
- 1tsp olive oil
- knob butter

For the mango salsa

- 1 lime
- quarter small red onion, very finely chopped
- pinch salt
- 1 red chilli, deseeded and finely chopped
- 5cm piece cucumber
- 1 ripe mango
- handful fresh mint leaves, chopped

For the beany rice

- olive oil
- half small onion, finely chopped
- 1 garlic clove, peeled
- 1 bay leaf
- half tsp cumin seeds
- quarter tsp smoked paprika
- salt
- 120g long grain white rice
- just-boiled water from the kettle
- half 400g can kidney beans, rinsed and drained

Method

For the salmon

Mix the lime juice, olive oil and Cajun spice mix in a bowl to form a thick paste.

Rub the mixture well all over the salmon fillets.

Place the salmon in the bowl, cover with cling film and put in the fridge until you're ready to cook.

Preheat the grill. Heat the oil and knob of butter in a frying pan until the butter starts to foam. Place in the fish fillets, presentation side up and fry gently for a couple of minutes until the fish turns opaque to the half way mark up the sides. This will depend on the thickness the fillets. Baste with the hot butter and then place under the hot grill for a couple of minute to cook the top.

For the mango salsa

Grate the lime zest into a medium sized bowl then cut in half and squeeze in its juice. Add the salt, the red onion and chilli and stir to mix.

Cut the cucumber lengthways, then use a teaspoon to remove the pulpy seeds. Chop the cucumber into small dice and add to the bowl.

Prepare the mango using a sharp knife. There is a large flat stone in the centre, so first the 'cheeks' need to be cut off. Hold the mango in a vertical position and slice it lengthways either side of the stone.

No hold each 'cheek' with flesh side up and using a small knife cut a criss-cross pattern into the flesh, taking care not to cut right through the skin. This can then be turned inside-out by pushing the skin upwards releasing the cubes of flesh which can be sliced off.

Add the mango pieces to the bowl along with the chopped mint. Mix well to combine everything. Cover the bowl and set aside.

For the beany rice

Place a medium sized saucepan over a medium heat and add a small amount of olive oil. Add the onion, garlic clove, bay leaf and cumin seeds and fry gently until the onion becomes translucent but not browned.

Tip in the rice and add a pinch of salt and the smoked paprika. Stir the rice gently until it is coated with the oil, onion and spices. Then pour in some freshly boiled water - the water should just cover the rice. Add the beans and shake the pan a little to mix them in. Bring to a light simmer and cover the pan with a tight fitting lid and turn the heat right down. Leave to cook for 15 minutes. Once the time is up remove from the heat and leave to stand with the lid on.

Before serving, remove the bay leaf and garlic and gently fluff up the rice using a fork.

To serve, pile the beany rice onto plates, place the fish on top and spoon over a generous amount of mango salsa.