

Cajun Spiced Blackened Salmon

Ingredients

- 2 salmon fillets
- 1 tablespoon olive oil
- 1 teaspoon paprika
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/2 teaspoon dried thyme
- 1/4 teaspoon cayenne pepper (optional)
- Salt and black pepper to taste

Instructions

1. In a small bowl, mix all spices.
2. Rub the spice mix over both sides of the salmon fillets.
3. Heat olive oil in a skillet over medium-high heat.
4. Sear salmon 3–4 minutes per side until blackened and cooked through.

Health Benefits

Spices boost metabolism and circulation, while salmon supports heart and brain health. Great for an anti-inflammatory diet.