

# CREAMY CAJUN PEPPER SALMON

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COOK TIME: 30mins

SERVES: 4

CALORIES: 533 kcal (PER SERVING)

## INGREDIENTS

1 tbsp olive oil  
1 tbsp unsalted butter  
4 salmon fillets, skinless  
2 tbsp cajun seasoning, divided  
salt + black pepper  
2 bell peppers, sliced  
3 garlic cloves, minced  
1 shallot, finely chopped  
½ cup/120 ml chicken broth  
1 cup/240 ml cream 20% fat, or soy cream  
1 oz/30 g grated parmesan  
3 tbsp lemon juice  
chopped parsley, for serving  
red pepper flakes, for serving

## DIRECTIONS

Get all the prep done before you start cooking. Pat the salmon fillets dry with a paper towel, rub both sides with 1 tablespoon cajun seasoning + ½ teaspoon salt + ½ teaspoon black pepper. Set aside.

Mince the garlic and finely chop the shallot.

Cut the bell peppers in half lengthwise, remove veins and seeds, then cut into thin slices.

Heat oil and butter in a large nonstick skillet over medium. Add salmon and sear, about 3-4 minutes on each side.

Remove from the skillet and set aside.

In the same skillet. Add bell peppers and cook for 5 minutes, stir occasionally. Stir in garlic, shallot and 1 tablespoon cajun seasoning, cook for 3 minutes. Deglaze with chicken broth, stir with a wooden spoon to dissolve the browned bits from the bottom of the skillet. Simmer for 1 minute.

Pour in cream and add parmesan. Stir to combine, bring to a simmer. Taste, and adjust salt if needed. Return salmon to the skillet, simmer for 3 minutes or until the salmon is just cooked through. Sprinkle with lemon juice and finish off with black pepper, red pepper flakes and parsley. Enjoy!

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