



Cajun Spiced Salmon Skewers

3 servings

10 minutes

Ingredients

- 283 grams Salmon Fillet (skinless, cut into cubes)
- 1 tbsp Cajun Seasoning
- 3 Barbecue Skewers (cut in half)
- 1 tsp Extra Virgin Olive Oil

Nutrition

Amount per serving	
Calories	137
Fat	6g
Carbs	0g
Fiber	0g
Sugar	0g
Protein	21g
Cholesterol	48mg
Sodium	1194mg
Vitamin A	153IU
Vitamin C	0mg
Calcium	9mg
Iron	0mg

Directions

- 1 In a medium-sized bowl, add the salmon and cajun seasoning. Toss well, ensuring each piece is well coated.
- 2 Pierce the salmon onto the barbecue skewers.
- 3 Heat a cast-iron pan over medium heat. Once hot, add the oil. Add the skewers and cook for two to three minutes per side, or until cooked to your preference. Season with additional cajun seasoning if needed and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to one day.

Serving Size: One serving is equal to two skewers with three pieces of salmon on each.