



HOME CHEF

# BLACKENED SALMON WITH AVOCADO-CORN SALSA

And Black Beans, Jalapeño, and Lime



As summer winds down, perfectly crisp nights call for dinners that can spice up the night. This succulent blackened salmon features our customers' favorite Cajun Seasoning and is paired with a luscious salsa of black beans, avocado, and sweet summer corn. The result is a dish so delish you wouldn't know it's low-cal, gluten-free, and packed with quality nutrition.

## OVERVIEW



TIME TO PREPARE



INTERMEDIATE RECIPE



MEDIUM SPICE



DAYS BEST COOKED BY

## NUTRITION

Calories: 625  
Carbohydrates: 60g  
Fat: 25g  
Protein: 48g  
Sodium: 1549mg  
*per serving*

## DIETARY



LOW CALORIE



DAIRY-FREE



GLUTEN-FREE



NUT-FREE



SOY-FREE

## DRINK PAIRING

Pinot Noir  
Chardonnay  
Shiraz

## INGREDIENTS

14 oz. Canned Black Beans  
1 Lime  
1 Red Onion  
2 Garlic Cloves  
1 Avocado  
5 Cilantro Sprigs  
1 Jalapeño  
2 Piece Salmon  
1 Cup Corn  
1 Tbsp. Cajun Seasoning

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## WHAT YOU NEED

Olive Oil  
Salt  
Pepper

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## EQUIPMENT

Wire-Mesh Strainer  
Mixing Bowl  
Medium Non-Stick Pan

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## Prepare the Ingredients

Rinse and pat dry the produce. Drain **black beans** in a wire mesh strainer, rinse with **water**, and shake lightly to remove excess liquid. Zest and halve **lime**. Peel and finely dice **red onion**. Mince **garlic**. Halve **avocado**, seed, skin, and cut flesh into ½" dice. Stem and mince **cilantro leaves**. Stem, core, and finely dice **jalapeño**. Rinse **salmon** fillets and pat dry.



## Make the Salsa

In a mixing bowl, combine **diced avocado**, **garlic**, ½ **cup red onion**, **cilantro** (reserving a bit for garnish), **jalapeño**, **corn**, **1 cup drained black beans**, **lime zest** (to taste—reserve a bit for garnish), and **juice of the lime** (to taste—start out with 1 Tbsp. and add more as needed.) Add a pinch of **salt**, taste, and add more salt if desired. Set aside.



## Cook the Salmon

Turn on your oven ventilation system or crack a window—Cajun seasoning gets smoky! Heat a medium non-stick pan over medium-high heat and add 1 tsp. of **olive oil** to the pan. Season both sides of the **salmon** with **Cajun seasoning**. Cook salmon on each side for 3-4 minutes, or until fish is opaque, flaky, slightly blackened, and reaches a minimum internal temperature of 145 degrees.



## Plate the Dish

Add a generous scoop of **salsa** to a plate. Place a piece of **blackened salmon** next to the salsa. Garnish with remaining **cilantro** and **lime zest**.