

The Art of Cuisine



Blackened Salmon with Spinach and Soy Black Beans (Five-minute meal in a pan!)

Prep Time: 15 min
Inactive Prep Time: hr min
Cook Time: 5 min
Level: Easy
Serves: 2 servings

Ingredients

- 2 tablespoons canola oil
- 1 pound fresh salmon fillet, skinless, cut into 2 pieces (not too thick or cooking time will increase)
- Blackening Spice, recipe follows
- 1 (12-ounce) can "soy" black beans, drained (available at health food and specialty stores)
- 4 cups fresh spinach, cleaned
- 2 tablespoons unsalted butter
- Sour cream, for garnish

Directions

Heat oil in a large heavy saute pan or iron skillet over high heat until almost smoking hot.

Coat the salmon fillets well on both sides with the blackening spice and place gently in the hot pan. Sear on the first side for about 2 minutes and then flip fish over. Add the black beans to 1 corner of the pan and throw in the fresh spinach and butter right on top of everything and cook it all for about 2 minutes more.

To serve, take the spinach off the top and place it on the bottom of a plate. Then arrange the salmon and black beans around it. Garnish with a dollop of sour cream, if desired.

Blackening Spice:

5 tablespoons kosher salt
5 tablespoons paprika
1 tablespoon dry thyme
1 tablespoon ground black pepper
1 tablespoon garlic powder
1/2 teaspoon cayenne pepper
1/2 teaspoon ground white pepper

Mix all the blackening spice ingredients well and store in a sealed container or spice canister. Keep extra as a versatile spice in your kitchen.

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