

# Cajun blackened salmon wrap



Serves 2

*This makes one salmon fillet go a long way! If you don't want to mix your own seasoning use a prepared Cajun mix or rub - it will do just as well and save you time and money if you don't have the individual herbs and spices. A spoonful of soured cream or crème fraîche in each wrap is good!*



- 1/2 tsp ground allspice
  - 1/2 tsp dried rosemary
  - 1/2 tsp dried oregano
  - 1/4 tsp chilli powder
  - 1 salmon fillet, about 150g
  - 1 tsp oil
  - A few lettuce leaves
  - 3 spring onions
  - 1 tbsp pumpkin seeds
  - 1 tbsp toasted flaked almonds
  - 2 wholegrain tortilla wraps
  - 2 tbsp sweetcorn
1. Mix the spices together and press them into the flesh of the salmon. Heat the oil in a frying pan, add the salmon, spice side downwards, and fry gently for 4-5 minutes. Turn and cook for a further 4-5 minutes on the skin side.
  2. While the salmon is cooking shred the lettuce, chop the onions, and roughly chop the seeds and nuts together. Pile onto the centre of the wraps with the sweetcorn.
  3. Flake the salmon over the fillings, then fold the bottom and sides of the wraps over the salmon and salad to serve.