

# Blackened Salmon Tacos with Pineapple Avocado Salsa

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Serves 2

## Ingredients:

### For salmon:

8 ounces salmon, fresh or frozen (thawed)

1 tablespoon Cajun spice\*

2 tablespoons olive oil

### For salsa and serving:

1 cup diced pineapple, fresh or frozen (thawed)

1 ripe avocado, diced

¼ cup red onion, diced

2 small tomatoes, diced

Juice of 1 lime, plus wedges for serving

Freshly chopped cilantro, for garnish

6 corn or flour tortillas, warmed or grilled



## Directions:

1. If using frozen salmon, thaw in the refrigerator overnight, or in a sealed bag in cold water for 30 minutes. Pat salmon dry, if necessary. Evenly season all sides of the fillets with Cajun spice.
2. Heat oil in a large skillet over medium heat. When oil is hot but not smoking, add salmon skin-down. Cook until deeply golden, about 5 to 6 minutes, then flip and cook for another 2 to 3 minutes, until salmon is opaque.
3. Remove from heat. Let rest and cool slightly, then use a fork to flake into large pieces.
4. Make pineapple avocado salsa: In a medium bowl, add pineapple, avocado, onion, tomato, and lime juice. Season lightly with salt and toss to combine.
5. Assemble tacos: Top warmed or grilled tortillas with salmon pieces, salsa, and cilantro. Serve with lime wedges for squeezing. Extra salsa can be stored in the refrigerator for up to 1 week.

\*If you don't have Cajun spice on hand, mix together equal parts salt, black pepper, cayenne pepper, garlic powder, onion powder, paprika, and dried oregano.

## Nutrition Information per serving (3 tacos):

Calories: 574, Total Fat: 30g, Saturated Fat: 4g, Unsaturated Fat: 21g, Cholesterol: 45mg, Sodium: 1557mg, Carbohydrate: 56g, Fiber: 12g, Sugar: 16g, Added sugar: 0g, Protein: 25g

**ADAPTED FROM:** <https://www.delish.com/cooking/recipe-ideas/a25103010/salmon-tacos-recipe/>

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