

BLACKENED SALMON LETTUCE WRAPS



SERVING SIZE

3



INGREDIENTS

SALMON & WRAPS

ITEM	QUANTITY	ITEM	QUANTITY
Salmon (skinless, cut into bite-sized chunks)	1 lb	Jalapeño, diced	1 small
Olive oil	1 tbsp.	Fresh cilantro, chopped	1 tbsp. (plus more for garnish)
Blackening seasoning	4 tbsp.	Salt	1/4 tsp.
Lettuce leaves (large)	6	Black pepper	1/4 tsp.
Plum tomatoes, diced	3	Lime juice	2 tsp.
Red onion, minced	2 tsp.	Lime zest	1 tsp

BLACKENING SEASONING

ITEM	QUANTITY	ITEM	QUANTITY
Garlic powder	1 tbsp.	Dried thyme	2 tsp.
Paprika	1 tbsp.	Salt	2 tsp.
Dried oregano	1 tbsp.	Black pepper	2 tsp.
Onion powder	2 tsp	Cayenne pepper	1-2 tsp. (to taste)



PREPARATION

- 👉 In a small bowl, mix all blackening seasoning ingredients until well combined.
- 👉 Toss salmon chunks with olive oil and blackening seasoning until evenly coated.
- 👉 Heat a skillet over medium-high heat. Add salmon and cook 2-3 minutes per side until blackened and cooked through. Remove from heat.
- 👉 In a bowl, combine tomatoes, red onion, jalapeño, cilantro, salt, pepper, lime juice, and lime zest. Mix gently.
- 👉 Arrange lettuce leaves on a plate. Fill each with blackened salmon and top with the tomato mixture.
- 👉 Garnish with extra cilantro and serve immediately.