Recipe

cajun salmon

for a family of 4 (with leftovers!)

A little bit smoky, a little bit spicy and seriously tasty! Courgette, sweetcorn and red onion are tossed in a Cajun-style mix of smoked paprika, oregano, coriander and mild chilli. We love it with salmon, but it's just as good with chicken, steak or a plant-based protein - pick your favourite!

Cajun spice mix blend

Tiny pinch of mild chilli flakes

2 tsp of smoked paprika

1 tsp of onion powder

Pinch of ground black pepper

1 tsp of dried oregano

½ tsp of ground coriander

Mix together well

Veg mix 1

A glug of oil

½ butternut squash - chopped

1 red onion - chopped

Juice from half a lime

½ of your spice mix

Salmon & veg mix 2

A glug of oil

1 large courgette - chopped into half moons

1 red pepper, cut into strips

1 small tin of sweetcorn - drained

Juice from half a lime

½ of your spice mix

3 pieces of salmon

Method through oven

Preheat oven to 200°C

Mix oil, squash, red onion, lime juice and half your spice mix until well coated

Lay in a large oven proof dish so there is lots of space between the ingredients

Roast in oven for 25 minutes until squash is turning golden at edges but not fully cooked
In the meantime, mix oil, courgette, red pepper, sweetcorn, lime juice and salmon with your remaining spice mix until well coated

Once squash is starting to soften, remove from oven and add your veg and salmon mix, mix well, nestling the salom in the veg

Return to oven and cook until salmon is cooked through and squash, onion and courgette are cooked with some brown edges

Serve with a starchy carb like flatbreads or baked potatoes and then a lemony yoghurt drizzle!

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Nutritious delight with every bite

Please note: This recipe is correct at the time of publication on 15/09/2026.