



Blackened Salmon with Papaya Mojo

SERVINGS 6 ⌚ PREP TIME 10 mins COOK TIME 20 mins

INGREDIENTS

- 1 tablespoon dried oregano
- 1 tablespoon sweet paprika
- 3 garlic cloves, crushed
- 1/4 cup (60ml) extra virgin olive oil
- 1kg piece skinless salmon fillet
- 2 tablespoons **La Fe Vegetable Oil**
- 1 papaya, cut into cubes
- 2 cups **La Fe Black Beans**
- 1 bunch coriander, leaves roughly chopped, plus extra to serve
- Finely grated lime zest, lime halves to garnish and **La Fe Lime Juice** to serve

For Papaya Mojo

- 1/4 cup (60ml) extra virgin olive oil
- 1 small red onion, thinly sliced

DIRECTIONS

1. Preheat the oven to 180°C.
2. Place the oregano, paprika, garlic and olive oil in a bowl and season. Place the fish on a chopping board and rub the marinade into the topside of the fish.
3. Place the La Fe vegetable oil in a flameproof, non-stick roasting pan over high heat. Warm for 1-2 minutes until the oil is smoking, then add the fish, marinated- side down, and cook for 5-6 minutes until the flesh has blackened. Transfer to the oven, then bake for 10 minutes or until just cooked, but still a little rare in the centre.
4. Meanwhile, for the papaya mojo, place all the ingredients in a bowl and season, then toss to combine. Set aside.
5. Invert the fish onto a platter and top with papaya mojo. Serve with extra coriander leaves and lime halves.