



## *"Cajun Salmon With Mango and Pineapple Salad with a Zingy Red Wine Vinegar Dressing"*

*Take a 6oz piece of fresh organic Salmon and gently fry it with some Cajun Spices and then let it cool.*

*Wash a mix of fresh lettuce leaves (lolla rossa, cos , frizzy etc) and then dry them off before adding to a bowl.*

*Take some red wine vinegar, a red onion chopped, olive oil, salt and black pepper and mix together making sure to get the balance right. (maybe a half t-spoon of sugar if it's a bit tart)*

*Into your lettuce leaves pour a few drops of your dressing and mix gently with your hands, you don't need to soak it!! arrange on a nice plate and break your Cajun salmon pieces on top.*

*Then around the edges arrange your fresh pineapple and mango pieces and to freshen it up a light sour cream pip.*

*All you need now is some homemade brown bread yum.....*

*Enjoy.... Johnny Redmond*

