

Blackened Salmon and Rice



Anna Williams

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Serves 4

Hands-On Time: 10m

Total Time: 10m

Ingredients

2 cups instant rice (such as Minute Rice)
2 1/2 tablespoons paprika
3/4 teaspoon cayenne pepper
1 teaspoon dried thyme
1/2 teaspoon garlic powder
1 1/2 teaspoons kosher salt
3 1/2 tablespoons unsalted butter
juice of 1 lemon
4 6-ounce salmon fillets, skinned
1 11-ounce can corn kernels, drained
1/3 cup finely chopped fresh flat-leaf parsley
1 lemon, cut into wedges

Directions

1. Heat oven to 400° F.
2. Cook the rice according to the package directions.
3. Meanwhile, in a shallow bowl, combine the paprika, cayenne, thyme, garlic powder, and 1/2 teaspoon of the salt. In a saucepan, over medium heat, melt 2 1/2 tablespoons of the butter and add the lemon juice.
4. Working with 1 salmon fillet at a time, dip the top and bottom first in the lemon butter, then in the spices.
5. Heat a large ovenproof skillet over medium-high heat. Cook the salmon until blackened, 2 minutes per side. Transfer to the oven for 8 minutes.
6. Stir the corn, parsley, and the remaining salt and butter into the rice. Transfer the salmon and rice to individual plates and serve with the lemon wedges.

By Kate Merker, January 2007