

# Blackened Salmon With Broccoli Rabe and Raisins



Hallie Burton

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Serves 4

Hands-On Time: 20m

Total Time: 20m

## Ingredients

- 4 6-ounce pieces skinless salmon fillet
- 2 tablespoons Cajun seasoning or blackened spice mix
- 1 bunch broccoli rabe (about 1 pound)
- 1 tablespoon olive oil
- 2 shallots, sliced
- Kosher salt
- 1/4 cup golden raisins
- 1 lemon, cut into wedges

## Directions

1. Heat a large skillet over medium heat. Coat both sides of the salmon with the seasoning and cook, covered, until opaque throughout and blackened, 3 to 4 minutes per side.
2. Meanwhile, in another skillet, bring the broccoli rabe and 1/2 cup water to a simmer. Cook, covered, tossing occasionally, until tender, 3 to 4 minutes; drain and transfer to a plate.
3. Wipe out the second skillet and heat the oil over medium heat. Add the shallots and 1/4 teaspoon salt and cook until softened, about 3 minutes. Mix in the raisins and broccoli rabe. Serve with the salmon and lemon.

By Kate Merker, April 2009