



Servings 2

Prep Time 10 min

Cooking Time 30 min

Blackened Salmon and Cream Cheese Polenta



Directions

Step 1

To make the polenta, bring 2¼ cups of water to a boil in a medium saucepan. Then lower heat and whisk in cornmeal. Cover and allow to simmer for 5 minutes, stirring often. Then stir in butter, cream cheese and salt. Take off heat when cornmeal is tender.

Step 2

Rinse salmon with cold water and pat dry with paper towels. Coat with blackened seasoning to taste.

Step 3

In a non-stick skillet, heat 2 tablespoon of butter over medium heat. Cook fish on both sides until doneness reaches your liking. Transfer fish to a plate. Then take the pan off the heat, and add the remaining butter to the still-hot pan, as well as minced garlic, basil, paprika and lemon juice. Stir for 30 seconds before serving.

Step 4

Ladle polenta into bowls and place fish on top along with butter pan sauce.

Ingredients

2 pieces of salmon

Blackened seasoning

5 cloves of garlic, minced

¼ tsp. of dried basil

¼ tsp. paprika

5 tbs. of butter, separated

1 tbs. lemon juice

Polenta

½ cup of yellow cornmeal

2¼ cups of water

1 tbs. of butter

2 ounces of cream cheese

½ tsp. kosher salt, to taste

