

Blackened Salmon Pasta Salad

The spices from the blackened salmon really take this basic pasta salad recipe to the next level.

By CookingWithShelia

Cook: 25 mins

Total: 45 mins

Prep: 20 mins

Servings: 6

Yield: 6 servings



Ingredients

1 (16 ounce) package penne pasta

2 (4 ounce) salmon steaks

2 tablespoons grapeseed oil, divided

1 pinch blackened seasoning, or to taste

½ cup crushed pineapple

½ cup chopped cucumber

½ cup chopped yellow onion

1 (6 ounce) can black olives, drained

1 small head broccoli, cut into bite-sized florets

6 sprouts Brussels sprouts, thinly sliced

4 small (4" long)s banana peppers, seeded and sliced

1 medium red bell pepper, chopped

1 medium orange bell pepper, chopped

1 medium yellow bell pepper, chopped

1 medium tomato, cored, seeded, and diced

3 sprigs fresh thyme, leaves stripped and chopped

½ cup mayonnaise, or to taste

½ cup red wine and vinegar salad dressing

Directions

Bring a large pot of lightly salted water to a boil. Add penne and cook, stirring occasionally, until tender yet firm to the bite, about 11 minutes. Drain.

Pat salmon dry with paper towels. Coat lightly in 1 tablespoon grapeseed oil. Season with blackened seasoning.

Heat remaining grapeseed oil in a cast iron skillet over medium heat until it starts to smoke. Be sure to turn on your oven vent. Put salmon in the skillet and cook until it flakes easily with a fork, 4 to 4 1/2 minutes on each side (turning only to flip to the other side). Set salmon aside and let cool while you mix up the pasta salad.

Combine drained pasta, pineapple, cucumber, onion, olives, broccoli, Brussels sprouts, banana peppers, bell peppers, tomato, and thyme in a large bowl. Mix well. Mix in mayonnaise and salad dressing, adjusting to taste. Flake the salmon and gently fold into the pasta salad.

Nutrition Facts

Per Serving: 689 calories; protein 21.4g; carbohydrates 75.7g; fat 36.3g; cholesterol 23.2mg; sodium 426.4mg.

