

Blackened Salmon Sandwich

From Mark Bittman's *Kitchen Express*

Grind together some cumin seed, fennel seed, dried oregano, dried thyme, paprika, a little bit of cayenne (we used more than a little bit!), and salt; rub all over skinned salmon fillets.

Heat a heavy skillet until almost smoking, add a film of oil, and cook salmon until well browned, about four minutes, then flip and cook until medium-done. Layer thickly sliced bread or rolls with thin-sliced onion, plain yogurt, arugula leaves, and salmon.

NOTE: We used Nan ! Whole wheat. We also used red onion and some cherry tomatoes sliced in half. We also had some rice for the hell of it, for enjoying more salmon after downing the sandwich wrap.