

Seared Cajun Cod with Mediterranean Salad

Serves 1

Piece of cod, to fit an oval silicon papillote, skinned and boned

4 fresh prawns

1tsp Cajun spice

1tbs olive oil

Good pinch of sea salt

Good pinch fresh ground black pepper

10ml white wine

Sprig of dill

For the salad

10 fresh basil leaves, washed and spun dried

6 Lamb's lettuce leaves, washed and spun dried

Zest of half an orange

Whole orange cut into segments

8 black olives, deseeded and cut in half

1tbs extra virgin olive oil

Pinch of sea salt and ground black pepper

Method:

1. Wash the fish and dry on kitchen paper.
2. Lay the cod fillet inside the papillote with the prawns and sprinkle the Cajun spice evenly over the cod fillet, then season with salt and pepper.
3. Add the wine and put on the lid and allow to marinate for 20 minutes.
4. Meanwhile, add the remaining ingredients to a mixing bowl except the salt, put a lid on the mixing bowl and shake to combine the ingredients. Allow to marinate for 20 minutes.
5. Place the papillote into a microwave and cook for 5 minutes then allow to stand with the lid on for a further 3 minutes.
6. Put the salad in the middle of a white plate and lay the fish on top then add the salt to taste and pour the cooking liquid over the fish.
7. Garnish with a sprig of dill and serve with seasonal Jersey Royal potatoes, lightly buttered