

Spicy Fish and Salad

Calories: 811 kcal

Servings: 1

Time: 25 Mins

Ingredients

- 1.00 tsp Butter
- 2.00 tsp Cajun Spices
- 40.00 g Carrots (chopped)
- 50.00 g Celery (chopped)
- 120.00 g Fish
- 7.50 ml Lemon Juice
- 60.00 g Lettuce (shredded)
- 20.00 g Onions (chopped)
- 1.00 tsp Parsley (fresh)

Instructions

1. Brush fish with a little melted butter, sprinkle with cajun spices.
2. Fry fish in a non-stick frypan until cooked through.
3. Melt remaining butter in a saucepan, add onion, celery and carrot. Cook until slightly softened.
4. Add parsley, lemon juice and stir through.
5. Place shredded lettuce on a serving plate.
6. Place mixture on top of shredded lettuce, arrange fish on top and serve.