

DISH Blackened Trout Caesar Salad	
Ingredients serves 2	Method
<p>1 Whole trout 12 oz filleted 2 teaspoon Cajun Seasoning Lemon wedge 1 teaspoon oil 2 Little gem lettuce Croutons Caesar Dressing Cherry Tomatoes</p>	<ol style="list-style-type: none"> 1. Clean and fillet the trout remove the scales and rinse under running water. 2. Pat the filets dry on paper towel and rub with a little oil. 3. Dredge the fillets on the flesh side with Cajun seasoning. 4. Wash and cut up the lettuce and place in a bowl with the Caesar dressing and mix well. 5. Put a heavy flat bottomed pan on a high heat for 2 minutes or until very hot. 6. Now place the fillets skin side up in the pan and cook for 2-3 minutes then turn and cook for 1 further minute. 7. Divide the salad onto 2 plates and top with the croutons and cherry tomatoes and place 1 fillet on each plate serve with a wedge of lemon.