



# Cajun Fish with Orange Salad

SERVES 4

## INGREDIENTS

480g white fish fillets  
Juice of 1 lime  
2 tbs Cajun spice mix  
1 tbs oil  
2 oranges, segmented  
100g baby spinach leaves  
2 tomatoes, cut into thin wedges  
1 avocado  
1 small red onion, cut into thin wedges  
1 tsp sherry vinegar

## METHOD

1. Brush the fish with the lime juice and sprinkle with the Cajun spices.
2. Heat the oil in a large non-stick frying pan and fry fish fillets until golden.
3. Combine the oranges, spinach, tomatoes, avocado, onion and vinegar and serve with the fish.

