



# BLACKENED *Fish*

PREP  
**5 -7 min**

COOK  
**5- 7 min**

TOTAL  
**14 min**

YIELD  
**2 servings**

## *Ingredients*

1½ tablespoons Cajun seasoning  
⅛ teaspoon black pepper  
⅛ teaspoon cayenne  
2 5-ounce fish filets (such as trout, snapper, or flounder)  
1 tablespoon extra virgin olive oil

### **SALAD**

4 cups mixed greens  
1 teaspoon extra virgin olive oil  
1 tablespoon balsamic vinegar

### **OPTIONAL SIDES**

2 tablespoons plain yogurt  
2 small white potatoes (approx. 5 ounces each)

## *Directions*

- 1** Mix Cajun seasoning, pepper, and cayenne together in a small bowl.
- 2** Moisten sides of each filet with water and coat with about 2 teaspoons of spice mixture.
- 3** Heat oil in a skillet over medium high heat. Once oil is hot, add filets and cook for about 3 minutes per side, or until fish is opaque and can be flaked with a fork.
- 4** Meanwhile, prick potatoes several times with a fork and microwave for 5-7 minutes, until soft when poked with a fork. Remove and cut in half lengthwise and transfer to serving plates.
- 5** Transfer fish from pan to serving plates. Add spoonful of plain yogurt and drizzle of olive oil to potatoes.
- 6** Add half of greens to each plate. Make dressing by whisking together oil and vinegar. Drizzle over greens and serve immediately.