

CAJUN BARRAMUNDI WITH YOGHURT SAUCE

INGREDIENTS

- Fillets of Barramundi
- Cajun Mix
- 1 tablespoon paprika
- 1 teaspoon oregano
- 1 teaspoon black pepper
- 1 teaspoon mustard powder
- 1/2 teaspoon garlic powder, 1/2 tsp cayenne pepper

Yoghurt Sauce

- 1 cup low fat plain yoghurt
- 2 tablespoons lime or lemon juice
- 1 small cucumber, grated
- 2 tablespoons chopped fresh dill or 2 teaspoons dried leaves



DIRECTIONS

- Combine sauce ingredients in a small bowl and refrigerate.
- Brush fish with olive oil.
- Combine Cajun mix ingredients and rub into all surfaces of fish.
- Heat a grill pan or non-stick frypan to very high and brush or spray with oil.
- When it starts to smoke, add fish and cook 2-3 minutes on each side, until spices start to blacken. Serve immediately with the yoghurt sauce and plenty of veggies

SCALLOPS WITH BROCCOLI AND ROSEMARY

INGREDIENTS

- 1 bunch broccoli washed and stemmed
- 4 tablespoons Extra Virgin Olive Oil
- 1-2 lb fresh or defrosted sea scallops
- 2 tablespoons minced garlic
- 1 can Italian Style Tomatoes, drained and chopped
- 1 tablespoon finely chopped fresh rosemary
- or 1 teaspoon of dried rosemary
- Sea salt and pepper

DIRECTIONS

- Cook broccoli in boiling water until just soft, 3 to 5 minutes; drain
- Heat skillet on High; sear scallops on one side until golden, 2 to 3 minutes; turn and sear other side, 2 minutes.
- Reduce to Medium; add 2 tablespoons olive oil; add garlic and sauté until soft
- Add tomatoes and rosemary; season to taste with salt and pepper.
- Return scallops to pan; heat through and serve over hot broccoli

