

Cajun Fish with Black Eyed Beans



Ingredients

4 skinless white fish

Freshly ground black pepper

5 tbsp dried Cajun spice mix

4 small red onions thinly sliced

Finely grated zest & juice of 1 unwaxed lemon plus extra wedge to serve

200g Greek yoghurt

Half garlic clove crushed

175g basmati rice

300g curly kale

400g can of black-eyed beans

1. Preheat oven to 180°C
2. Oil fish and add 1 tbsp Cajun spice over the fish
3. Place onions into a bowl, 1 tbsp lemon juice & season, spread on a tray
4. Cook basmati rice and add kale for 4 mins, drain well and add beans
5. Mix remaining Cajun spice with yoghurt and lemon zest, 1 tbsp lemon juice & garlic
6. Serve the fish with rice, onions, lemon wedges and yoghurt on the side