

## Baked Cajun Trout with Dill Sauce



Note that the fork is very small – the trout is not very large.

### Ingredients:

(quantities are for one fillet, which is to say one side, of trout)

- 1 filleted lake trout (the river trout which of course you have released to catch again)
- 1 teaspoon of Cajun seasoning (available in the spice aisle of supermarkets whose names begin with the twenty third letter of the alphabet ...)
- 3 teaspoons of olive oil
- ½ a small lemon - sliced
- Juice of half a small lemon

### Dill Sauce

- 1 dessert spoon of finely chopped fresh dill
- ¼ cup of light Greek-style yoghurt
- 1 teaspoon of olive oil
- 1 teaspoon of lemon juice

### Method

Lay the trout on an oven tray protected by a layer of oiled foil, skin side down. Mix Cajun seasoning and olive oil then spread generously on the flesh side of the trout and allow to marinate for an hour in the fridge.

Pre-heat an oven to back at 175 degrees Celsius. Lay slices of lemon on the trout and place in the oven for fifteen minutes.

Meanwhile, combine the sauce ingredients to be served as a balance to the mildly spicy Cajun flavour. In the proportions above the Cajun spice does not overpower the trout flavour. If

you prefer, add half a teaspoon of ground chilli to the Cajun spice, available on the shelf a couple of spices to the right in the afore mentioned un-named supermarket.

Either serve by itself as a starter or with steamed or boiled vegetables for a main course with any remaining lemon squeezed over the trout.

Serves two as a starter or one fisherman as a main course.