

Blackened Cod Po'boys



Serves 4 Prep 10 mins

Cooking 20 mins

Easy

Ingredients

1 stick celery, finely chopped
½ yellow pepper, finely chopped
½ small red onion, finely chopped
1 tsp white wine vinegar
a pinch sugar
100g mayonnaise
2 gherkins, finely chopped
1 tsp lemon juice
4 firm fillets skinless white fish (cod or haddock)
50g butter, melted
4 white sub rolls
¼ iceberg lettuce, finely shredded

Cajun spice mix

1 tbsp paprika
1 tsp onion granules
1 tsp garlic granules
¼ tsp ground white pepper
1 tsp dried thyme
1 tsp dried oregano

1. Combine the celery, pepper, onion, vinegar, sugar and a pinch of salt in a bowl, and mix well. Set aside.
2. Mix together the mayo, gherkins, garlic and lemon juice with a pinch of salt and pepper in a bowl. Set aside.
3. Heat a barbecue for direct cooking. For the spice mix, combine the paprika, onion powder, garlic powder, white pepper, thyme, oregano and ¼ tsp of salt in a wide, shallow bowl. Dip the fish fillets in the melted butter until fully coated, then dip into the spice mixture to coat.
4. If using a fish cage, put the fish inside and secure the cage. If not, make sure the grill is clean and oil the bars using a piece of kitchen paper, cloth or a brush (don't pour oil directly onto the grill). This will help prevent the fish from sticking.
5. Cook the fish for 5 minutes on each side or until cooked through and blackened in places – the exact cooking time will depend on the thickness of the fillets.
6. Split the buns, spread with the mayonnaise and add some of the lettuce and chopped salad. Top with the fish, then close the sandwiches and serve.