Fish and Salad

Ingredients

- 2 fillets Basa (or other white fish)
- 1 teaspoon olive oil
- Butter (optional)
- 1 lemon — to serve
- Mixed lettuce leaves
- 5 tablespoons olive oil
- 1 1/2 tablespoons red wine vinegar
- Dijon mustard to taste — normally about 1 teaspoon
- Salt and pepper

Method

Season the fish fillets with salt and pepper. Add 1 teaspoon olive oil to a pan on medium heat (optional butter as well).
Cook for 4-5 minutes on each side, until just cooked through.
For salad, wash mixed lettuce leaves. Combine remaining olive oil, vinegar and dijon mustard.
Dress the salad just before eating, making sure all leaves are coated.
Serve fish with a squeeze of lemon and the completed salad.