

Asian spiced fish parcels

Serves 2



Simply Nutrition



Ingredients

2 fillets of white fish – e.g. pollock, coley, cod or haddock
4 spring onions – diagonally sliced
1/2 red chilli - deseeded and finely sliced or chopped
1 tablespoon of grated ginger root
1 lime
1 tablespoon of rapeseed oil or coconut oil
1 garlic clove – peeled and finely chopped
1 teaspoon of sesame seeds
1 courgette (sliced thinly on an angle)
2 bok choy, pak choy or tat soi – trim outer leaves if necessary and then simply slice each in half
1 tablespoon of tamari
Sea salt or rock salt
Freshly ground pepper

Method

Place each fillet of fish in the centre of a piece of baking foil. Sprinkle the spring onions, chilli, ginger and a wedge of lime over each piece and drizzle with rapeseed oil. Bring each corner of the foil together and scrunch to form a sealed parcel. Place each parcel on a baking tray and cook in the oven for about 15 minutes at 180 degrees C. To cook the green vegetables, gently fry the garlic and sesame seeds in a little oil for 3 minutes, then add the halves of choy or tat soi, along with the courgette. Cook for a further minute, or just enough to heat through. Season with a dash of tamari and lime juice. Serve the fish on top of the vegetables.

GLUTEN FREE

WHEAT FREE

DAIRY FREE

LIGHT & LEAN

“ light in calories, yet full of nutrition ”