

MEDITERRANEAN FISH BAKE

Makes 2 servings

Per Serve - 325 Cal, Fat 14.5g, Protein 32.6 g, Carbs 16g, Fibre 3.4g

INGREDIENTS

1 small red onion cut into wedges

1 medium zucchini cut into slices

2 medium tomatoes cut into wedges

1 tablespoon of olive oil (as a spray would be perfect)

2 x 150 g of firm white fish fillets (cod, hapuku or barramundi)

40g of pitted olives (preferably kalamata)

Juice of ½ lemon

1 teaspoon of dried oregano

DIRECTIONS

Pre heat oven to 200C

Scatter onion, zucchini and tomato over a bakin tray, drizzle with ½ of the olive oil and toss, season well with salt and pepper and place in the oven for 20 minutes

Remove from the oven and place fish amongst the vegetables, scatter with olives, squeeze the lemon juice, season and spray with remaining olive oil

Return to the over for 10 - 15 minutes (depends on how thick the fillets are)

Serve with cooked vegetables