

OREGANO FISH

Tasty and simple baked fish, you could use pre-made pesto instead.

1 serve, per serve Calories 379, Fat 13.6g, Protein 54g, Carbs 3.3g, Fibre 1.3 g

INGREDIENTS

150 - 200g of firm white fish (snapper or cod are good options)

Oregano paste:

1 tsp of oregano (fresh, if using dried use a little less)

1/2 glove garlic,

1 tsp lemon juice,

1 tsp olive oil and seasoning

DIRECTIONS

Preheat oven to 200C

Combine Oregano paste ingredients, you could make more and store in a jar

Spread on Fish

Bake in oven for 10 – 15 minutes until cooked through (this will vary depending on fillet thickness)

Serve with steamed broccoli