

# Fennel and White Fish Risoni Salad

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**CAL: 392    PROTEIN: 35    CARBS: 48    FIBRE: 6    FAT: 7**



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**SERVES:**

4



**TIME:**

40 minutes



## INGREDIENTS

200g risoni

600g white fish (4 pieces)

1 lemon, sliced

1 tbsp olive oil

1 red onion, thinly sliced

1 small fennel, thinly sliced

85g white beans, rinsed and drained

2 tbsp oregano, chopped

1 tbsp white wine vinegar

Sea salt and fresh pepper, to taste

## INSTRUCTIONS

Start by cooking the risoni according to packet instructions.

Preheat oven to 190°C/375°F/Gas 5. Line a baking tray with baking paper.

Lay the fish fillets on the baking tray with slices of lemon on each. Cook for about 30 minutes or until the fish is easily pulled apart with a fork.

Meanwhile, heat the oil in a large fry pan. Add the onion and fennel and cook for about 3 minutes or until onion is soft.

Add the beans, followed by the oregano and white wine vinegar. Season with salt and cracked pepper and cook on low-medium heat for about 6 minutes or until the beans have softened.

Finally, toss through the cooked risoni.

Transfer the risoni to four plates, and top with a piece of fish,

## MACROS

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