

Greek Style Fish and Salad

CAL: 382 PROTEIN: 38 CARBS: 8 FIBRE: 1 FAT: 22



Greek Style Fish and Salad



SERVES:
2



TIME:
25 minutes



INSTRUCTIONS

Preheat oven to 200°C/400°F/Gas 6. Line a baking tray with baking paper.

Mix the parsley, garlic, lemon zest & juice, olive oil, salt & pepper together in a large bowl. Add the fish to the bowl and turn each piece to coat. Transfer fish onto the baking tray and pour over any remaining dressing.

Bake fish for for about 12 minutes.

Meanwhile toss all salad ingredients together and transfer on to two serving plates.

Transfer fish to the plates and serve immediately.

INGREDIENTS

1/2 tsp dried parsley
1/2 tsp garlic powder
1 lemon, 1/2 zested & juiced, 1/2 cut in wedges
2 tsp olive oil
Salt & cracked pepper
400g white fish fillets
For the salad:
1 Lebanese cucumber, diced
1 medium tomato, diced
30g kalamata olives, sliced lengthways
60g feta
1 tsp olive oil

MACROS

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Protein: 38
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Fat: 22
Fibre: 1