

WHO DARES SLIMS - RECIPE

Mediterranean White Fish



Tips

You can use any white fish for this - cod, haddock even monkfish if you like!

Swap out the courgette and potato for rice for a more filling dinner.

Zest the lemon before you chop it in half!

Ingredients

- 1 white fish fillet (per person)
- 1 tbsp capers
- 100g cherry tomatoes
- 1 small red onion
- Zest and juice of 1 lemon
- 1 teaspoon of olive oil
- Oregano, salt & black pepper
- 1 Courgette
- 1 white potato

Preparation

1. Pre-heat the oven to 180 degrees centigrade.
2. Finely chop the red onion and halve the tomatoes. Place the fish fillets in a large pyrex/glass dish and cover with the onion, tomato as well as the capers. Season with oregano and plenty of black pepper and lemon juice.
3. Finely slice the courgette and potato, then place on a baking tray and season with salt and pepper and a drizzle of olive oil
4. Place both the pyrex dish and baking tray into the oven at the same time. Bake for around 20-25 minute until the fish is cooked through.
5. Plate up, sprinkle with the lemon zest and enjoy!