

Marinated fish with greens, chilli & pine nuts

(Serves 2)

Ingredients

- 2 tbsps Oil, Olive, napolini
- 1/4 tsp Coriander, dried, ground
- 1/2 Lemon, juice of
- 1 inch Ginger, fresh, finely chopped
- 1 Garlic clove, chopped
- 1/2 Chilli, green, fresh, deseeded & chopped
- 1/4 tsp Cumin, ground
- 1/2 tbsp Honey, clear
- 300g Sea bream fillets
- 1 tbsp Pine nuts
- 1 Chilli, fresh red, deseeded & chopped
- 1 Garlic clove, chopped
- 100g Onions, red, chopped
- 1 medium Pepper, red, deseeded & chopped
- 1 Lemon, juice of
- 200g Fresh greens

Preparation

1. Mix 1 tbsp of the olive oil, coriander, juice of 1/2 lemon, ginger, 1 garlic clove, 1/2 green chilli, cumin & honey in a dish.
2. Put fish fillets in same dish, score on skin side & coat thoroughly with the oil.
3. Cover & put in fridge for a couple of hours if possible to marinate. Remove.
4. Heat the other 1 tbsp olive oil in a frying pan.
5. Add pine nuts. Cook gently until nicely toasted. Remove & set aside.
6. Add 1 red chilli, 1 garlic clove, onion & pepper to pan & cook for 3-4 minutes.
7. Add juice of 1 lemon & keep warm.
8. Cook greens as preferred.
9. Whilst greens cooking, heat large frying pan on hob. Pan fry sea bream on a medium heat, in its own marinade, skin side down for 2-3 minutes.
10. Turn & cook for 2 further minutes.
11. Drain greens well. Toss with chilli, garlic, onion, pepper & pine nuts. Put greens on a plate & top with sea bream. Serve.

TOP TIP: Use any white fish fillets & adjust cooking as per instructions.
Kale or Spinach are lovely greens to use for this dish.

NUTRITIONAL VALUES

PER SERVING

Calories 463

Total Sugars 14.66g

Total Fats 23.96g

Saturated Fats 4.73g

Salt 0.48g

Fruit & Veg 3