

Dinner

Baked Fish with Toasted Almonds

Ingredients:

Trout or (other choice of fish)

(first week: 280g fish =43g protein), 195g = 30g, 130g = 20g.

3/4 cup	vegetable mix – green beans, broccoli florets, zucchini
1/4 cup	onions, thinly sliced
2/3 cup	vegetable stock
1 tbs.	fresh chopped parsley
1 small clove	garlic, crushed
1 tsp.	almonds, slivered, toasted
	pinch of chopped marjoram
	Olive oil cooking spray
	Sea salt to taste

Vinaigrette –

1 tsp.	Dijon mustard
1 clove	garlic, crushed
4 tbs.	extra virgin Olive oil
1 tbs.	Balsamic vinegar
1 dsp.	capers, chopped
1 dsp.	fresh parsley, chopped
4 tbs.	hot water

Method:

- Steam green vegetables till tender, strain and put aside to cool
- In a fry pan, lightly toast slivered almonds until golden, put aside to cool

Vinaigrette -

- Put all ingredients together in closed jar, shake vigorously a few minutes
- Pour over vegetables and let stand (for vinaigrette to soak into vegetables 25 minutes)

Fish –

- Clean, wash and dry fish
- Spray coat shallow casserole dish with Olive oil cooking spray
- Add garlic, onions and fry gently until onions soft and golden
- Place the fish on top of onion mixture, pour over vegetable stock then sprinkle with parsley, marjoram and sea salt.
- Bake in preheated oven (200°C or 400°F) until cooked (up to 25 minutes), baste a few times
- Serve with garnished toasted slivered almonds and, strained green vegetable mix from vinaigrette.