

Dinner

Fish and Sesame Mushrooms

Ingredients:

Perch fish (or other white fish) cleaned
(first week: 217g fish =33g protein), 130g = 20g.

1 tsp. Sesame oil
½ tsp. onion powder
1 kaffir lime leaf (remove rib and cut finely)
1 sprig thyme
 Sea salt and cracked pepper
 Water to cover

Method:

- Marinate the fish in a dish containing all the ingredients above for (30min -1 hr)
- Remove the fish from the marinade
- Grill under preheated grill (approximately 5-10 min each side), baste with a little marinade

Ingredients:

1 whole egg
 sprinkling Italian herbs
1 cup button mushrooms, finely chopped
 Sea salt to taste
 Garnish with toasted sesame seeds and fresh chopped chives

Method:

- Beat egg with Italian herbs and Sea salt
- Add mushroom gently into the egg mixture
- Spray non-stick pan with Olive oil cooking spray
- Heat pan, then add mushroom mix
- Stir occasionally to avoid burning
- When ready, sprinkle with toasted sesame seeds, chopped chives and servewith fish