

Dinner

Fish with Black Mustard Asparagus

Ingredients:

White fish fillet

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

6 small spears fresh asparagus
1 small clove crushed garlic
¼ small red chilli, chopped very finely
¼ tsp. cinnamon
¼ cup onion, sliced very finely
½ tsp. black mustard seeds
ground coriander
ground lemongrass
Sea salt
Olive oil cooking spray

Method:

Fish -

- Sprinkle fish fillet steaks with ground coriander, lemongrass and Sea salt
- Spray coat fish with Olive oil cooking spray
- Place under preheated griller and grill both sides

Asparagus -

- Spray coat fry pan with Olive oil cooking spray
- Heat, add mustard seeds, when they begin to pop add the garlic, onion, chilli, cinnamon and continue to cook until onions are browned
- Add 20 ml of water, stir, then remove from heat
- Trim any coarse ends from the asparagus and then plunge them into a pot of boiling water with a pinch of salt, for a few minutes (or until tender)
- Then, quickly refresh them under cold water. Set aside
- Gently reheat the onion mix, add the asparagus right at the last minute and gently cook until warmed through – serve with grilled fish