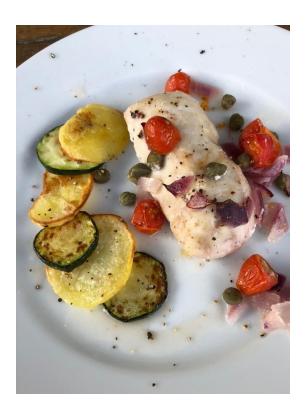
WHO DARES SLIMS - RECIPE

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.
- 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.
- 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!