

SPICY GRILLED FISH with MEDITERRANEAN SAUCE



Cooking Fish the Healthy Way

Time to prepare: 15 minutes
Time to Cook: 30 minutes
Utensils: wide based pan with lid or wok

Nutrition Notes Per portion

Energy (Calories)	220
Total fat (g)	4

INGREDIENTS

1tbsp olive oil
1 ½ lb (600g) fish steak of choice
1 green pepper, 1 onion
2 carrots or 2 courgettes if preferred
14 oz (440g) tin of tomatoes
100ml vegetable stock or water
1 clove of garlic
1tsp chilli powder
½ turmeric powder
1tsp coriander powder
1 bay leaf
2 tbsp lemon juice
Salt and pepper to taste.

METHOD

1. Marinate the fish steak in paste made from the chilli, turmeric, coriander, salt, pepper and lemon juice.
2. Heat a little of the oil in the wide based pan
3. Add the pepper and onion and soften for 10 minutes
4. Add the carrots or courgettes, cover pan and gently cook for 5 minutes
5. Add the tomatoes, water, garlic and bay leaf and simmer for a further 15 minutes.
6. Mean while brush the grill pan with a little oil to stop the fish sticking.
7. Place the fish steak on a grill rack and brush with lemon juice mixture.
8. Grill under a moderate heat turning once and brushing again with lemon juice.
9. The fish is cooked when it flakes easily when tested with a fork
10. Serve the fish with the Mediterranean vegetable sauce, sliced potatoes, pasta or noodles.

Serves 4