

Asian Fish Parcels

Thai Spice Blend Asian Dressing

Serves 1

Preparation 5 minutes

Baking time 20 minutes

Ingredients:

1 white fish fillet of choice*

Olive oil spray

1 teaspoon Thai Spice Blend

2 tablespoons Asian Dressing

1 tablespoon each coriander & shallots, chopped to garnish (optional)

Method

1. Preheat oven to 180°C.
2. Coat fish fillet with **Thai Spice Blend**.
3. Lightly spray with olive oil a piece of foil or baking paper large enough to enclose fish.
4. Place fish on foil or baking paper and fold up sides. Pour on **Asian Dressing** and wrap to enclose the fish.
5. Place parcel on a baking tray and bake for about 20 minutes or until fish is cooked through.
6. Serve fish over your portion of steamed Asian greens. Drizzle with the juices and garnish with coriander and shallots.

* Adjust Weight to your portion size

Extra servings:

To increase servings to include the rest of the family simply times ingredients by how many servings are required. (eg. 4 x Fish fillets with 4 x teaspoons of Thai Spice Blend. etc for four people)

For those not on the Quick Loss program
Serve with boiled white rice.



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