



YOU CAN COOK
AND YOU DO HAVE THE TIME

Kev's Kitchen

CARIBBEAN FISH

Time: 40 minutes

Serves: 2

Ingredients:

2 – 6 ounce fish filets
¼ teaspoon kosher salt
¼ teaspoon fresh ground black pepper
1 lime – half juiced – half thinly sliced
2 bay leaves
1 onion – thinly sliced
2 cloves garlic – finely chopped or crushed
2 tomatoes – cut into eighths
2 tablespoons extra-virgin olive oil
2 tablespoons water

Preparation:

Preheat the oven to 400F.

Place the fish filets into a baking dish, sprinkle with the salt and pepper, then drizzle with the lime juice.

Top the fish with the bay leaves, onion, garlic, tomatoes, olive oil and water then bake uncovered for twenty-five minutes.

Serve topped with the lime slices.

Nutritional Information Per Serving:

Calories: 328
Fat: 17g
Carbs: 10g
Fibre: 2g
Protein: 36g