

BAKED MAHI MAHI

Time: 30 minutes

Serves: 4

Ingredients:

40ml avocado or other neutral-flavoured cold-pressed oil
2 cloves garlic - finely chopped or grated
2g kosher salt
1 pinch fresh ground black pepper
0.5g dried parsley flakes
4 - 200g mahi-mahi filets
4 thin slices lemon

Preparation:

Preheat oven to 200C.

In a small bowl or measuring cup, whisk together all ingredients except lemon slices and fish.

Place fish in a single layer in a baking dish. Pour over oil mixture and top each filet with a lemon slice.

Bake until internal temperature reaches 55C (approximately 20 minutes).

Serve immediately.

Nutritional Information Per Serving:

Calories: 241
Fat: 9g
Carbs: 0g
Fibre: 0g
Protein: 37g