

Healthy Baked Fish & Vegetables Recipe

Ingredients:

- 900 g white fish, in filets
- ½ leek
- 1 yellow onion
- 2 garlic cloves
- 2 red bell peppers
- 12 cherry tomatoes
- 1 fresh fennel or pointed cabbage
- 1 carrot
- 75g pitted olives
- 75g fresh thyme or fresh parsley
- 1 lime, in slices
- salt and pepper
- 125ml white wine
- 3 tbsp olive oil

Method:

1. Preheat oven to 200°C.
2. Line a roasting pan with foil or baking paper, making sure there's enough material for folding and sealing the top of it.
3. Cut the fish into serving-sized pieces and place in roasting pan.
4. Slice and chop the vegetables and place them evenly with the fish. Add spices.
5. Drizzle with wine and oil.
6. Fold the foil to form as tight a seal as possible. Cover seam with an extra piece of foil, and tightly fold at the joints.
7. Bake in the oven for 40 minutes.



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