



FISH WITH LIME AND SPINACH

ALLERGIES:

No grains
No dairy
No eggs
No gluten
No nuts
Low disaccharides

Prep time: 15 mins

Cook time: 15 mins

Serves: 4

INGREDIENTS

- zest of 2 limes
- 3 cloves garlic, crushed
- 1/4 tsp salt
- 1/8 tsp pepper
- 1/4 cup coconut oil
- 4 white fish fillets
- 1 bunch fresh spinach, roughly chopped
- juice of 1 lime

METHOD

- Combine lime zest, garlic, salt and pepper and coconut oil in a bowl.
- Place fish fillets into mixture, and coat both sides well.
- Heat frying pan and place fish fillets on base, then pour oil mixture over.
- Cook 3-5 minutes on each side.
- Remove to plate and toss spinach leaves in remaining oil mixture.
- Stir-fry until wilted and then stir in lime juice.
- Serve hot fish on a bed of spinach, or with spinach on top of fish.



The sweet potato in this picture means this is not a low disaccharide meal.