



ALLERGIES:

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

Prep time: 5 mins

Cook time: 12 mins

Serves: 2

INGREDIENTS

- 2 X large white fish fillets (Basa)
- 1 tbsp olive oil
- 1/2 cup coconut cream
- 1 clove garlic
- 1.5 tbsp dijon mustard
- 1.5 tbsp lemon juice
- Pink rock salt
- Black pepper
- 2 Spring onions, finely chopped
- Parsley or coriander (garnish)
- Lemon wedges to serve

METHOD

- Preheat oven to 200°C.
- Lay fish fillets onto a baking dish separately, and sprinkle with spring onions.
- In a jug place oil, coconut cream, garlic, mustard, lemon juice, salt and pepper and place in microwave for 30 seconds on high, stir and repeat.
- Pour the sauce over the fish and bake for 10 minutes until cooked.
- Remove from the oven and place onto a serving plate.
- Spoon sauce over the top and garnish with coriander and lemon wedges.

NOTE: I use Basa as its cheap and takes on the sauce flavour well.

LEMON MUSTARD FISH

