



WHITE FISH, ASPARAGUS AND COUS COUS

Nice and easy dish, fish and veg cooked together in foil parcels in the oven.

 10 minutes 30 minutes 1 portion

INGREDIENTS

- 180 grams of fish, cod, Atlantic, raw
- 6 medium spears [5-1/4" to 7" long] of asparagus, raw [96 g]
- 1 cup, chopped of peppers, sweet, green, raw [149 g]
- 100 grams of couscous, cooked
- 1 tablespoon of oil, olive [18 g]

COOKING METHOD

- 1° Get a sheet of tin foil bigger than the fish.
- 2° Place the fish on the foil and cover in lemon juice, olive oil and season with your favourite spices.
- 3° Add the peppers and Asparagus to the parcel
- 4° Put in the oven for half an hour
- 5° Ten minutes before your fish is cooked, make the Cous Cous by adding boiling water. You could add bone broth or turmeric for added benefits.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (543 g)	% DRI
ENERGY	87 kcal	471 kcal	24 %
FAT	4 g	20 g	31 %
FATTY ACIDS, TOTAL SATURATED	1 g	3 g	16 %
CHOLESTEROL	14 mg	77 mg	26 %
SODIUM	20 mg	109 mg	5 %
CARBOHYDRATE	6 g	34 g	11 %
SUGARS	1 g	5 g	—
FIBER	1 g	6 g	24 %
PROTEIN	7 g	39 g	—