



Health Fish and Chips

Makes 1

Ingredients

- 100 – 120gm Fish – John dory, barramundi, flathead, whiting.
- 1/3 cup sweet potato
- 2 stalks broccolini
- 3 x 5cm thick large circular pieces of eggplant
- 30gm goats cheese
- 50gm Red Capsicum
- ¼ lemon

Steps

1. Preheat oven to 210 Celsius
2. Cut up the sweet potato into wedges and place on a baking tray and drizzle with extra virgin olive oil, pink Himalayan salt and pepper and then place in the oven and let cook for 40 minutes (depending on your oven but I would check at 30 minutes).
3. Cut up the capsicum into diced pieces.
4. On another baking tray place the eggplant, top with the diced pieces of capsicum and goats cheese, drizzle with olive oil and cook for 10 – 15 minutes or until as brown as you would like.
5. In a frypan cook, drizzle some extra virgin olive oil and the fish for 3 – 4 minutes on each side.
6. Have a saucepan with boiling water ready on the stove to steam the broccolini. Note this will only take 1 – 2 minutes to steam through.

