

CALORIE CONTROL RECIPES

MAINS

Fish Fillets Florentine – serves 4

½ cup chopped cooked spinach
1 cup finely chopped mushrooms
2 Tbsp natural low-fat yoghurt
freshly ground black pepper
4 fish fillets
2 Tbsp lemon juice

Mix spinach, mushrooms, yoghurt and pepper together. Trim fillets, roll into four hollow tubes and secure with toothpicks. Place upright in a baking dish and fill each tube with the spinach mixture. Place any extra filling around the tubes. Sprinkle with lemon juice and bake, covered, at 180 C for 15-20 minutes or until the fish is white and flakes easily with a fork. Serve with a fresh salad.