

CALORIE CONTROL RECIPES

MAINS

Fresh Fish in a hurry – serves 2

300 g fresh white fish

½ tsp freshly ground black pepper to taste

4 thin slices of tomato

6 thin slices of lemon, and a sprinkle of lemon juice

place evenly shaped fish pieces on a microwave safe dinner plate, season with pepper and a little lemon juice. Cover with sliced tomato and top with lemon slices. Cover with microwave safe plastic wrap and microwave on medium high (80%) for 2.5 minutes. Stand for 30 seconds, uncover and serve. Garnish with freshly grated parmesan cheese and chopped parsley. Serve with lightly steamed courgette strips.