

## **CALORIE CONTROL RECIPES**

### **MAINS**

#### **Grilled Snapper with Coriander Salad – serves 4**

1 bunch coriander, chopped  
1/3 cup pine nuts, toasted  
4 spring onions, finely sliced  
1 tele-cucumber, cut into thin strips  
1 carrot, cut into thin strips  
2 tbsp lemon juice  
¼ cup low fat natural yoghurt  
4 snapper fillets (100 g each)  
1 juice and rind of lemon  
1 tbsp olive oil  
freshly ground black pepper to taste

combine coriander, pine nuts, spring onions, cucumber, carrot, lemon juice and yoghurt in a bowl and mix well.

Place fillets on a lightly oiled grilling tray. Pour about half of the lemon juice over the fillets. Cook under a hot grill for about 3 minutes each side or until flesh flakes when tested with a fork. Combine rest of lemon juice with olive oil and black pepper. Drizzle over hot fillets, serve with coriander salad.